
























All classes without flag can be taught in English or Dutch upon request.



	LES	STUDIO	LERAAR	
MAANDAG				
07.15-08.15	Flow4All	1	Illja	
08.30-09.45	Yin	1	Inge	
10.00-11.30	Flow4All	1	Hoyte	
12.00-13.15	Basic Alignment	1	Léah	
14.45-16.00	Strong Flow	1	Moena	
16.15-17.30	Yin	1	Anita	
18.00-19.00	Core Flow	1	Marlene	
19.15-20.30	Slow Flow	1	Marlene	
20.45-22.00	Yin	1	Afke	
22.00-22.30	Free meditation	1		





DINSDAG				
07.30-08.30	Ashtanga	1	Renate	
08.45-10.00	Yin	1	Marijke	
10.15-11.30	Core Flow	1	Marlene	
11.45-13.00	Flow4All	1	Beatrice	
14.30-15.45	WHM & meditation	1	Sijbrand	
16.00-17.30	Yin	1	Skadi	
17.45-19.15	Flow4All	1	Simon	
19.30-20.30	Basic Flow	1	Liisa	
20.45-22.00	Yin	1	Anita	
22.00-22.30	Free meditation	1		

WOENSDAG				
07.30-08.30	Core Flow	1	Marlene	
08.45-09.45	Basic Flow	1	Hoyte	
10.00-11.30	Flow4All	1	Hoyte	
11.45-13.15	Yin Yang	1	Moena	
16.15-17.45	Yin	1	Lennart	
18.00-19.15	Yin Yang	1	Anita	
19.30-20.30	Basic Flow	1	Vanessa	
20.45-22.00	Yin	1	Marijke	
22.00-22.30	Free meditation	1		


DONDERDAG				
07.15-08.15	Flow4All	1	Michiel	
08.30-09.45	Yin	1	Riki	
10.00-11.30	Basic Alignment	1	Sadhu	
11.45-13.00	WHM & meditation	1	Sijbrand	
13.15-14.30	Free Public Satsang	1	Sijbrand	
14.45-15.45	Core strength	1	Anita	
16.00-17.15	Yin	1	Irene	
17.45-19.15	Flow4All	1	Léah	
19.30-20.30	Slow Flow	1	Afke	
20.45-22.00	Yin	1	Afke	
22.00-22.30	Free meditation	1		

VRIJDAG				
07.30-08.30	Ashtanga	1	Deborah	
08.45-10.00	Yin	1	Edine	
10.15-11.45	Flow4All	1	Sandra	
12.00-13.15	Yin	1	Marijke	
13.30-15.00	Flow4All	1	Johan	
15.30-16.30	Core Flow	1	Marlene	
17.00-18.15	Yin	1	Mariken	


ZATERDAG				
09.00-10.15	Yin	1	Michiel	
10.30-12.00	Flow4All	1	Hoyte	
12.15-13.45	Yin	1	Inge	
14.00-15.30	Flow4All	1	Afke	
16.00-17.30	Restorative	1	Inge/Alison	

ZONDAG				
08.30-09.30	Flow4All	1	Illja	
09.45-11.00	Yin	1	Inge/Alison	
11.15-12.15	Basic Flow	1	Hoyte	
12.30-14.00	Flow4All	1	Léah	
14.15-15.45	Yin	1	Karlijn	
16.00-17.15	Flow4All	1	Simona	
17.30-19.00	Yin & Yang	1	Mireille	
20.00-21.00	Stadsverlichting	1	Tijn/Elske	
21.15-22.15	Yin	1	Eline	


	LES	STUDIO	LERAAR	
MAANDAG				
08.00-08.45	Free meditation	2		
18.15-19.30	Ashtanga	2	Carine	
19.45-21.00	Yin & Yang	2	Irene	
20.00-21.30	Flow4All	3	Anita	
21.15-22.15	Restorative	2	Eline	

DINSDAG				
08.00-08.45	Free meditation	2		
18.00-19.00	Pilates	3	Marije	
18.30-20.15	Silent Sitting & Satsang	2	Sijbrand	

WOENSDAG				
08.00-08.45	Free meditation	2		
09.00-10.30	Yin & Self Inquiry	3	Roland Jan	
18.15-19.45	Kundalini	3	Marieke	
18.15-19.15	Yoga Nidra	2	Marijke	
19.30-21.00	Ashtanga	2	Renate	
21.15-22.15	Restorative	2	Eline	

DONDERDAG				
08.00-08.45	Free meditation	2		
18.00-19.15	Basic Ashtanga	2	Carine	
18.30-19.30	Pilates	3	Christa	
19.45-21.15	Strong Flow	3	Daphne	

VRIJDAG				
08.00-08.45	Free meditation	2		
18.30-19.45	Silent Sitting en Sharing	2	Mariken	

ZATERDAG				
08.45-09.45	Basic Flow	3	Liisa	
10.15-11.30	Ashtanga	2	Carine	
10.45-11.45	Basic Flow	3	Rosan	

ZONDAG				
10.00-11.30	Kundalini	3	Tim	
10.15-11.45	Full Primary series	2	Deborah	

Meditatief
Basic
All level
Strong