

March schedule

Monday

- 07.45 Wake up flow 60 min / Jolijn
09.00 Taichi 60 min / Bin
10.15 Hatha Flow4All 75 min / Hoyte
12.15 Pilates 45 min / Devon
15.45 Yin yoga 75 min / Mariken
17.45 Core flow 60 min / Aiki
18.00 *Ashtanga 75 min / Anna
18.15 *Gentle Flow 60 min / Bonnie
19.15 Circular Breathing 75 min / Chris
19.45 *Pilates 60 min / Aiki
20.00 *Restorative Nidra Special 90 min / Nathalie
21.00 Healing Yin yoga 60 min / Jantje

Tuesday

- 08.00 Wake up flow 45 min / Liisa
09.00 Yin Yoga 60 min / Liisa
10.15 Core Flow 75 min / Jolijn
12.00 Breathwork 60 min / Sijbrand
15.30 Yin yoga 90 min / Skadi
17.30 Vinyasa Flow4all 75 min / Simon
18.00 *Pilates 60 min / Federica
18.00 *Advanced flow 90 min / Moena
19.00 Slow flow 75 min / Simon
20.00 *Healing Yin 60 min / Carmen
20.30 Restorative Nidra & Soundhealing 75 min / Marjolein

Wednesday

- 07.00 Early morning flow 60 min / Jolijn
08.45 Kundalini yoga 75 min / Tyler
10.30 Hatha Flow4all 75 min / Hoyte
12.30 Breathwork & meditation 75 min / Roland Jan
14.00 Sound Healing & Nidra 75 min / Arben
15.45 Yin yoga & self inquiry 90 min / Roland Jan
17:45 Vinyasa Flow4all 75 min / Kim
18.00 *Pilates 60 min / Federica
19.15 Advanced Flow 90 min / Karo
19.30 Yin yoga 60 min / Vanessa

Thursday

- 09.00 Basic Flow 60 min / Liisa
10.30 Vinyasa Flow4all 75 min / Arben
12.15 Circular breathing 60 min / Simone or Sjoerd
14.00 Healing yoga 60 min / Tyler
15.45 Yin yoga 75 min / Skadi
17.45 Vinyasa Flow4all 75 min / Liisa
18.15 *Ashtanga 75 min / Carine
19.30 Restorative Nidra Special 90 min / Marjolein

Friday

- 07.30 Wake up flow 45 min / Esther
08.45 Core Flow 60 min / Aiki
10.15 Hatha Flow4all 75 min / Hoyte
12.00 Yin yoga 75 min / Mariken
13.30 Healing yoga 60 min / Inge
15.00 Vinyasa Flow4all 75 min / Arben
16.45 Yin yoga 75 min / Mariken

Saturday

- 09.00 Ashtanga 75 min / Arben
09.15 *Basic Flow 60 min / Aiki
10.45 Hatha Flow4all 90 min / Hoyte
12.45 Yin yoga 75 min / Inge
14.15 Vinyasa Flow4All 75 min / Arben
16.00 Restorative Special 90 min / different teachers

Sunday

- 08.30 Sunday Morning Flow 60 min / Esther
09.15 *Ashtanga 75 min / Skadi
10.00 Yin yoga 75 min / Inge
11.45 Basic flow 60 min / Hoyte
13.15 Vinyasa Flow4all 90 min / Kim
15.30 Yin yoga special 90 min / Debbie
17.30 Restorative & Meditation / Johan

Almost all classes are available via online livestream, except the classes in studio 2 & 3.

*CLASS IS IN STUDIO 2 & 3

