

schedule

Monday	07.45	Wake up Flow 60 min / Arben	Friday	07.30	Wake up Flow 45 min / Esther
	09.00	Taichi 60 min / Bin		09.00	Taichi 60 min / Bin
	10.15	Hatha Flow4All 75 min / Hoyte		10.15	Hatha Flow4All 75 min / Hoyte
	12.15	Pilates 45 min / Devon		12.00	Yin Yoga 75 min / Mariken
	15.45	Yin Yoga 75 min / Mariken		13.30	Healing Yoga 60 min / Inge
	17.45	Core Flow 60 min / Johan		15.00	Vinyasa Flow4All 75 min / Arben
	18.00	*Ashtanga 75 min / Anna		16.45	Yin Yoga 75 min / Mariken
	18.15	*Gentle Flow 60 min / Bonnie	Saturday	09.00	Ashtanga 75 min / Arben
	19.15	Circular Breathing 60 min / Johan		09.15	*Basic Flow 60 min / Aiki
	19.45	*Power Pilates 60 min / Kuda		10.45	Hatha Flow4all 90 min / Hoyte
Tuesday	20.00	*Vinyasa Flow & Mantras 90 min / Moena		12.45	Yin Yoga 75 min / Inge
	20.30	Healing Yin yoga 60 min / Jantje		14.15	Vinyasa Flow4all 75 min / Arben
	08.00	Wake up Flow 45 min / Liisa		16.00	Restorative Special 90 min / different teachers
	09.00	Energetic Yin 60 min / Liisa	Sunday	08.30	Sunday Morning Flow 60 min / Esther
	10.15	Hatha Flow4All 75 min / Hoyte		09.15	*Ashtanga 75 min / Tina
	12.00	Breathwork 75 min / Sijbrand (NL)		10.00	Yin Yoga 75 min / Inge
	15.30	Yin Yoga 90 min / Skadi		11.45	Hatha Flow4all 60 min / Hoyte
	17.30	Vinyasa Flow4all 75 min / Simon		13.15	Vinyasa Flow4all 90 min / Kim
	18.00	*Power Pilates 60 min / Lysette		15.30	Yin Yoga Special 90 min / Debbie
	18.00	*Advanced Flow 90 min / Moena		17.30	Sound Journey 75 min / Arben
	19.00	Slow Flow 75 min / Simon			
	20.00	*Healing Yin 60 min / Carmen			
	20.30	Restorative Nidra & Soundhealing 75 min / Marjolein			
Wednesday	08.00	Wake up Flow 45 min / Jolijn			
	09.00	Ochtend Meditatie 75 min / Sijbrand (NL)			
	10.30	Hatha Flow4all 75 min / Hoyte			
	12.15	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	*Power Pilates 60 min / Pauline			
	19.15	Advanced Flow 90 min / Kim			
	19.30	Yin Yoga 60 min / Vanessa			
Thursday	09.00	Basic Flow 60 min / Liisa			
	10.30	Vinyasa Flow4All 75 min / Arben			
	12.00	Pilates 45 min / Devon			
	16.00	Yin Yoga 75 min / Skadi			
	17.45	Vinyasa Flow4all 75 min / Liisa			
	18.00	*Pilates 45 min / Skadi			
	19.30	Restorative Nidra Special 90 min / Marjolein			

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

***CLASS IS IN STUDIO 2 OR 3**

