

# schedule

<i>Monday</i>	07.45	Wake up Flow 60 min / Arben	<i>Friday</i>	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 75 min / Bonnie		<i>Saturday</i>	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
19.45	*Vinyasa Flow & Mantras 75 min / Moena	12.45	Yin Yoga 75 min / Inge			
20.30	Healing Yin yoga 60 min / Jantje	14.15	Vinyasa Flow4all 75 min / Arben			
		16.00	Restorative Special 90 min / different teachers			
<i>Tuesday</i>	08.00	Wake up Flow 45 min / Liisa	<i>Sunday</i>	08.30	Sunday Morning Flow 60 min / Esther	
	09.00	Energetic Yin 60 min / Liisa		09.15	*Ashtanga 75 min / Tina	
	10.15	Hatha Flow4All 75 min / Hoyte		10.00	Yin Yoga 75 min / Inge	
	12.00	Breathwork 75 min / Sijbrand (NL)		11.45	Hatha Flow4all 60 min / Hoyte	
	15.30	Yin Yoga 90 min / Skadi		13.15	Vinyasa Flow4all 90 min / Kim	
	17.30	Vinyasa Flow4all 75 min / Simon		15.30	Yin Yoga Special 90 min / Debbie	
	18.00	*Power Pilates 60 min / Lysette		17.30	Sound Journey 75 min / Arben	
	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					
<i>Wednesday</i>	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					
<i>Thursday</i>	09.00	Basic Flow 60 min / Liisa				
	10.15	Vinyasa Flow4All 75 min / Arben				
	12.00	Pilates 45 min / Devon				
	14.15	Sound Healing 75 min / Arben				
	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