

schedule

<i>Monday</i>	07.45	Wake up Flow 60 min / Arben
	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 / Johan
	18.00	*Ashtanga 75 min / Anna
	18.15	*Gentle Flow 75 min / Bonnie
	19.15	Circular Breathing 60 min / Johan
	19.45	*Power Pilates 60 min / Kuda
<i>Tuesday</i>	08.00	Wake up Flow 45 min / Liisa
	09.00	Energetic Yin 60 min / Liisa
	10.15	Hatha Flow4All 75 min / Hoyte
	12.00	Breathwork 75 min / Sijbrand (NL)
	15.30	Yin Yoga 90 min / Skadi
	17.30	Vinyasa Flow4all 75 min / Simon
	18.00	*Power Pilates 60 min / Lysette
	18.00	*Advanced Flow 90 min / Moena
	19.00	Slow Flow 75 min / Simon
	20.00	*Healing Yin 60 min / Carmen
<i>Wednesday</i>	08.00	Wake up Flow 45 min / Jolijn
	09.00	Pilates 45 min / Kim
	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
	18.15	Breathwork 60 min / Sijbrand
19.30	Restorative Nidra Special 90 min / Marjolein	
19.45	Avond Meditatie 75 min / Sijbrand	

<i>Friday</i>	07.30	Wake up Flow 45 min / Esther
	09.00	Taichi 60 min / Bin
	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
<i>Saturday</i>	16.45	Yin Yoga 75 min / Mariken
	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
<i>Sunday</i>	16.00	Restorative Special 90 min / different teachers
	08.30	Sunday Morning Flow 60 min / Rosan
	09.15	*Ashtanga 75 min / Tina
	09.30	Power Pilates 45 min / Maddy
	10.00	Yin Yoga 75 min / Inge
	11.45	Hatha Flow4all 60 min / Hoyte
13.15	Vinyasa Flow4all 90 min / Kim	
15.30	Yin Yoga Special 90 min / Debbie	
17.30	Sound Journey 75 min / Arben	

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

*CLASS IS IN STUDIO 2 OR 3

