schedule

Monday

07.45	Wake up Flow 60 min / Bonnie
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 / Peter
19.45	*Power Pilates 60 min / Kuda
19.45	*Vinyasa Flow4All 75 min / Moena
20.30	Healing Yin yoga 60 min / Jantje

Tuesday

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 / Francesca
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 Special 75 min / Marjolein

Wednesday

07.45	Wake up Flow 60 min / Arben
09.15	Power Pilates 45 min / Kim
10.30	Hatha Flow4all 75 min / Hoyte
12.15	Breathwork & Meditation 75 min / Peter
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 / Lysette
19.15	Advanced Flow 90 min / Kim
19.15	Yin Yang 60 min / Vanessa
20.30	Healing Yin 60 min / Lovely

Thursday

09.00	Basic Flow 60 min / Liisa
10.15	Vinyasa Flow4All 75 min / Arben
12.00	Pilates 45 min / Devon
14.15	Gong bath - 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 & Sound Healing 90 min / Marjolein
19.45	Avond Meditatie 75 min / Sijbrand (NL)

Friday

07.30	Wake up Flow 45 min / Sanne
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
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 / 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

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