



| | maandag | dinsdag | woensdag | donderdag | vrijdag | | zondag |
|----------------------|-------------------------------|----------------------|------------------------------|----------------------|----------------------------|--|------------------|
| 07:45 - 08:45 | Early bird / Yoga for Men - J | | Early bird / strong flow - J | | Early bird / slow flow - J | | |
| 09:00 - 10:30 | | | | | | | Ashtanga - J |
| 09:15 - 10:15 | The Hero workout - J | Vinyasa Flow - E | The Hero workout - J | Vinyasa flow - E | The Hero workout - J | | Yoga for Men - J |
| 11:00 - 12:00 | | | | | | | |
| 17:30 - 18:30 | | The Hero workout - E | | The Hero workout - E | | | |
| 18:00 - 19:00 | The Hero workout - E | | Strong Flow - J | | The Hero wo for Men - J | | |
| 19:00 - 20:00 | | Vinyasa Flow - E | | Vinyasa flow - E | | | |
| 20:00 - 21:00 | | | Yoga for Men - J | | Ashtanga - J | | |
| 20:30 - 21:30 | | Slow Flow - E | | Slow flow - E | | | |

J = Jeffrey / E = Evalien, wijzigingen voorbehouden