

Yogi Heroes / Werf35
 Mussenstraat 11b
 1223 RB Hilversum

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Lesrooster

Gegeven door:	MAANDAG Jeffrey	DINSDAG Jeffrey	WOENSDAG Lesley	DONDERDAG Lesley/Giselle	VRIJDAG Lesley	ZATERDAG Dylan	ZONDAG Jeffrey
07:45-08:45		MORNING FLOW	MORNING FLOW		SLOW FLOW		
08:00-08:45	MEDITATIE PRANAYAMA						
09:00-10:15							
09:15-10:15		SURYA FLOW	VINYASA FLOW	VINYASA FLOW			
09:15-10:45					RESTORATIVE		
09:30-11:00	YIN						
10:00-11:00							YOGA FOR MEN
10:00-11:30						ASHTANGA	
11:30-13:00							YIN
18:30-19:30	YIN	YOGA & PLAY	RESTORATIVE	VINYASA FLOW			
18:45-20:00							
20:00-21:00		YOGA FOR MEN					
20:00-21:30	ASHTANGA		ASHTANGA	FLOW & RESTORE			
20:30-21:30							