



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