



Gegeven door:	MAANDAG Jeffrey	DINSDAG Jeffrey	WOENSDAG Giselle / Thirza	DONDERDAG Giselle / Thirza	VRIJDAG Joyce	ZATERDAG Dylan	ZONDAG Jeffrey
07:45-08:45		MORNING FLOW	MORNING FLOW		SLOW FLOW		
08:00-08:45							
09:00-10:15							
09:15-10:15		SURYA FLOW		RESTORATIVE-FLOW			
09:15-10:45			EASY-FLOW		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 FUSION	DYNAMIC-FLOW	SLOW FLOW			
18:45-20:00							
20:00-21:00		YOGA FOR MEN					
20:00-21:30	YOGA & PLAY		YOGA & DREAM	VIJNANA BASED			