

YOGA & PILATES LESROOSTER

MAANDAG

DINSDAG

WOENSDAG

DONDERDAG

VRIJDAG

ZONDAG

10:15 > 11:15
PILATES

10:00 > 11:15
YIN YOGA

10:30 > 11:30
**ZWANGERSCHAP
YOGA**
(60 minuten)

10:00 > 11:00
PILATES

10:30 > 11:30
PILATES

10:30 > 11:30
YIN YOGA
(jan, feb & mrt)

09:00 > 10:00
PILATES

08:45 > 09:45
PILATES

09:00 > 10:15
YIN YOGA

18:00 > 19:00
PILATES

18:30 > 19:45
HATHA YOGA

19:00 > 20:15
VINYASA YOGA

18:30 > 19:30
PILATES

19:15 > 20:15
PILATES

19:45 > 21:00
YIN YOGA

20:00 > 21:15
HATHA YOGA

20:30 > 21:30
PILATES

20:15 > 21:30
YIN YOGA