| zaal 1 | zaal 2 HOT/ YIN/ EASY |
|---|---|
| **maandag** | **maandag** |
| 9.00 Vinyasa yoga (Bianca) | |
| 19.00 Vinyasa yoga (BIanca) | 19.00 hot yoga (melissa) |
| 20.30 Vinyasa/ Yin (Bianca) | |
| **dinsdag** | **dinsdag** |
| | |
| 19.00 Power yoga + dumbells ,Bianca | 19.00 Easy yoga (Melissa) |
| 20.30 vinyasa (Melissa) | 20.30 Hot yoga (Bianca) |
| **woensdag** | **woensdag** |
| 9.00 Vinyasa yoga (Bianca) | |
| 19.00 vinyasa yoga (Bianca) | 19.00 yin yoga (Melissa) |
| 20.30 vinyasa yoga (Melissa) | 20.30 Hot yoga (Bianca) |
| **donderdag** | **donderdag** |
| 19.00 zwangerschapsyoga | 17.30 hot yoga (Bianca) |
| 20.30 hatha yoga (Allard) | |
| **vrijdag** | **vrijdag** |
| 9.00 Vinyasa yoga (Bianca) | |
| 17.30 Yin Yoga (Dannielle) | 10.30 hot yoga (Bianca) |
| **zaterdag** | **zaterdag** |
| Vinyasa (Sebas)(va 12 sept) | |
| **zondag** | **zondag** |
| | 9.30 Hot yoga (Bianca)<br>11.15 Hot yoga (Bianca)bij min 5) |
| 20.00 Yin yoga (Melissa) | |
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