

Les:	Lesgever:	Tijd:
Maandag:		
Club Yoga + livestream	Maria Pruijs	09:30 - 10:30
Pilates + livestream	Maria Pruijs	11:00 - 12:00
Pilates + livestream	Omar	18:00 - 19:00
Yin Yoga + livestream	Jolanda de Munck	19:00 - 20:00
Hatha Yoga + livestream	Kinga Sidor	20:00 - 21:00
Dinsdag:		
Iyengar Yoga + livestream	Peter de Lange	11:00 - 12:00
Pilates + livestream	Maria Pruijs	18:00 - 19:00
Pilates + livestream	Maria Pruijs	19:00 - 20:00
Club Yoga + livestream	Paola Smeets	20:00 - 21:00
Woensdag:		
Hatha Yoga + livestream	Kinga Sidor	09:00 - 10:00
Pilates + livestream	Omar	10:15 - 11:15
Pilates + livestream	Omar	18:30 - 19:30
Donderdag:		
Pilates + livestream	Omar	10:15 - 11:15
Iyengar Yoga + livestream	Peter de Lange	11:15 - 12:15
Pilates + livestream	Maria Pruijs	18:00 - 19:00
Club Yoga + livestream	Maria Pruijs	19:00 - 20:00
Vrijdag:		
Club Yoga + livestream	Maria Pruijs	09:30 - 10:30
Pilates + livestream	Maria Pruijs	11:00 - 12:00
Zaterdag:		
Pilates + livestream	Frederique brinkerink	09:30 - 10:30
Zondag:		
Yoga + livestream	Tanya	09:30 - 10:30
Club Yoga + livestream	Paola Smeets	11:00 - 12:00