



lessenrooster

8 januari t/m 31 maart 2018

YOC Zuid - Oudescheldestraat 16 - 9000 Gent

2018
1234

| MAANDAG | hall | room | 👤 | 🕒 |
|---------------------|------|------|-----------|---------------|
| Iyengar Yoga | | 🧘 | EK | 09:30 - 11:00 |
| Kundalini Yoga | 🧘 | | In | 09:30 - 11:00 |
| Iyengar Yoga | | 🧘 | EK | 12:15 - 13:15 |
| Iyengar Yoga | | 🧘 | AG | 14:00 - 15:15 |
| Rekanto Yoga | | 🧘 | AG | 15:45 - 16:45 |
| Vinyasa Yoga | 🧘 | | Gi | 17:15 - 18:15 |
| Vinyasa Yoga | 🧘 | | Gi | 18:45 - 20:00 |
| Kundalini Yoga | | 🧘 | In | 18:45 - 20:00 |
| Hormoon Yoga | | 🧘 | In | 20:30 - 21:30 |
| Ashtanga Yoga | 🧘 | | So* / Mat | 20:30 - 21:30 |
| DINSDAG | hall | room | 👤 | 🕒 |
| Iyengar Yoga | | 🧘 | EK | 09:00 - 10:00 |
| Yin Yoga | 🧘 | | Ja | 12:15 - 13:15 |
| Iyengar Yoga | | 🧘 | EK | 12:15 - 13:15 |
| Ashtanga Yoga | 🧘 | | So* / Inz | 17:15 - 18:30 |
| Easy Yoga - Vinyasa | 🧘 | | Mi | 19:00 - 20:00 |
| Iyengar Yoga | | 🧘 | EK | 19:00 - 20:15 |
| Iyengar Yoga | 🧘 | | EK | 20:30 - 21:30 |

| WOENSDAG | hall | room | 👤 | 🕒 |
|--------------------------|------|------|----------|---------------|
| Easy Yoga - Vinyasa | 🧘 | | Fr | 09:30 - 10:30 |
| Ashtanga Yoga | 🧘 | | So* / Ka | 12:15 - 13:15 |
| Adem! | | 🧘 | In | 12:15 - 13:15 |
| Vinyasa Yoga | 🧘 | | Gi | 17:15 - 18:15 |
| Kundalini Yoga | | 🧘 | St | 18:00 - 19:00 |
| Vinyasa Yoga | 🧘 | | Gi | 18:45 - 19:45 |
| Iyengar Yoga | | 🧘 | AG | 19:30 - 21:00 |
| Vinyasa Yoga | 🧘 | | Ly | 20:15 - 21:15 |
| DONDERDAG | hall | room | 👤 | 🕒 |
| Vinyasa Yoga | 🧘 | | Mi | 09:30 - 10:30 |
| Easy Yoga - Iyengar | | 🧘 | AG | 09:30 - 10:45 |
| Power Vinyasa | 🧘 | | Ma | 12:15 - 13:15 |
| Roll & Release | 🧘 | | Al | 17:00 - 18:00 |
| Vinyasa Yoga | 🧘 | | Al | 18:30 - 19:45 |
| Pregnancy Kundalini Yoga | | 🧘 | Kr | 18:30 - 19:45 |
| Ashtanga Yoga | 🧘 | | Ka | 20:15 - 21:15 |
| Kundalini Yoga | | 🧘 | Kr | 20:15 - 21:30 |

*Sophie is terug op 3 februari

| VRIJDAG | hall | room | 👤 | 🕒 |
|--------------------|------|------|-----------|---------------|
| Asudra Yoga | 🧘 | | Jo | 09:30 - 10:30 |
| Yin Yoga | 🧘 | | Al | 12:15 - 13:15 |
| Ashtanga Yoga | | 🧘 | So* / Ka | 12:15 - 13:30 |
| Vinyasa & Yin Yoga | 🧘 | | Ja / Di | 18:00 - 19:30 |
| ZATERDAG | hall | room | 👤 | 🕒 |
| Vinyasa Yoga | 🧘 | | Ly / Di | 09:30 - 10:30 |
| Kids Yoga | | 🧘 | Sa | 09:30 - 10:30 |
| Vinyasa Yoga | 🧘 | | Ly / Di | 11:00 - 12:00 |
| Pregnancy Yoga | | 🧘 | An | 11:00 - 12:00 |
| Ashtanga Yoga | 🧘 | | So* / Mat | 12:30 - 13:45 |
| ZONDAG | hall | room | 👤 | 🕒 |
| Relax & Renew | | 🧘 | Mi | 10:00 - 11:30 |

LEGENDE

- 🕒 je dient voorafgaand de reeks te leren in een van onze dagworkshops www.yoga-on-call.be/workshops
- 📄 inschrijving via Rekanto: www.kanker.be
- 📍 ingang via de zijdeur, aanbellen bij nr. 14 'Yoga Room'

LEVELS

- 🟢 **Beginnen** – Level 1
- 🟣 **Verkennen** – All Levels
- 🟡 **Oefenen** – Level 2
- 🔴 **Verdiepen** – Level 3
- 🟠 **Herbronnen** – Gentle Level
- 🟤 **Specifiek** – No Level

Meer info > www.yoga-on-call.be/lessenrooster#levels

WIE 👤

| | | | | | | |
|-----------------|----------------|-----------|----------------|-------------|---------------|--------------|
| Al: Alexander | Di: Diana | Gi: Giel | Ja: Jacqueline | Kr: Krist'l | Mat: Matthias | So: Sophie |
| AG: Alexandra G | EK: Eva Kamala | In: Ineke | Jo: Johan | Ly: Lyza | Mi: Michèle | St: Stefanie |
| An: Annelies | Fr: Francis | Inz: Inez | Ka: Katherine | Ma: Mathieu | Sa: Sarah | |

REEKSEN @ ZUID

Volgende lessen bieden we aan in reeksen van vijf:

- Mama & Baby Yoga
- Kleuter Yoga
- Tiener Yoga

Je dient online te registreren om je plaats te reserveren!

Website > YOGA

WORKSHOPS

Regelmatig bieden we workshops aan op vrijdag, zaterdag en zondag.

Voor het overzicht van komende workshops: **Website > WORKSHOPS**

Meer info : www.yoga-on-call.be