

LESSENROOSTER JANUARI - MAART 2012

	MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG		ZATERDAG										
	HALL	ROOM	HALL	ROOM	HALL	ROOM	HALL	ROOM	HALL	ROOM	HALL	ROOM									
09.30		IYENGAR YOGA † EK		URBAN VINYASA † Di		EASY YOGA † Di/T		IYENGAR YOGA † EK		VINYASA YOGA † T		VINYASA YOGA † D	KIDS YOGA † EK/An	09.30							
09.45																			09.45		
10.00																				10.00	
10.15																				10.15	
10.30																				10.30	
10.45														10.45							
11.00												VINYASA BASIC † D	PREG-NANCY YOGA † Di	11.00							
11.15															11.15						
11.30															11.30						
11.45														11.45							
12.00														12.00							
12.15														12.15							
12.30	URBAN VINYASA † A		VINYASA YOGA † A					IYENGAR BASIC † V		URBAN VINYASA † A/Di				12.30							
12.45																12.45					
13.00																	13.00				
13.15																	13.15				
18.00																		18.00			
18.15														18.15							
18.30	VINYASA YOGA † D					VINYASA BASIC † D	PREG-NANCY YOGA † V	URBAN VINYASA † Di	IYENGAR YOGA † EK	URBAN VINYASA † T				18.30							
18.45			IYENGAR BASIC † EK																18.45		
19.00					VINYASA BASIC † D/T						IYENGAR YOGA † EK									19.00	
19.15																					19.15
19.30																					
19.45																19.45					
20.00	POWER VINYASA † D						VINYASA YOGA † D	IYENGAR BASIC † V	VINYASA BASIC † A	IYENGAR YOGA † EK						20.00					
20.15			IYENGAR YOGA † EK															20.15			
20.30					IYENGAR BASIC † EK	URBAN VINYASA † A													20.30		
20.45																				20.45	
21.00																					21.00
21.15																21.15					
21.30															21.30						

Levels : ■ Beginner ■ All Levels ■ All Levels+ ■ Advanced ■ Open

† Wie : EK: Eva Kamala D: Dolly Di: Diana T: Thip A: Alexander An: Annelies V: Vanessa