

# YOGA & PILATES LESROOSTER

**MAANDAG**

**DINSDAG**

**WOENSDAG**

**DONDERDAG**

**VRIJDAG**

**ZATERDAG**

**ZONDAG**

09:00 > 10:00  
**PILATES**

08:45 > 09:45  
**PILATES**

09:00 > 10:15  
**YIN YOGA**

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)

18:00 > 19:00  
**PILATES**

18:00 > 19:00  
**PILATES**

18:30 > 19:45  
**HATHA YOGA**

19:15 > 20:15  
**PILATES**

19:00 > 20:15  
**VINYASA YOGA**

19:15 > 20:30  
**YIN YOGA**

20:00 > 21:15  
**HATHA YOGA**

20:30 > 21:30  
**PILATES**

20:15 > 21:30  
**YIN YOGA**

20:30 > 21:45  
**YIN YOGA**