

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
10:00-11:15 Basicyoga Susan	10:00-11:15 Basicyoga Susan	09:00-10:15 Yin yoga Josje	09:00-10:15 Restorative Aerialyoga Susan	10:00-11:15 Poweryoga Valerie	09:30-10:45 Yin yoga Susan	09:30-10:45 Yin yoga Afwisselend Joke-Josje-Valerie-Susan
10:00-11:15 Aerial yoga Josje		09:00-10:15 Basicyoga Susan	10:45-11:45 Stoelyoga Susan	10:00-11:00 Pilates Nancy		
11:45-12:45 Stoelyoga Susan	19:00-20:15 Hot Yin yoga Valerie	19:00-20:15 Basicyoga Susan	19:00-20:00 Zwangerschapsyoga Annette	11:00-12:00 Restorative Pilates Nancy		
18:45-20:00 Poweryoga Ingrid	19:00-20:15 Basicyoga Susan	19:00-20:00 Pilates Nancy	19:00-20:15 Aerial yoga Indre (english)	17:15-18:15 Tieneryoga Nicole		
19:00-20:15 Basicyoga Chantal	19:00-20:15 Restorative Aerialyoga Josje	19:00-20:15 Aerial yoga Josje (english)	19:00-20:15 Hot Yin yoga Josje		 YOGA STUDIO SAFFRIE	
20:30-21:30 Tai Chi Maaïke	20:30-21:45 Flow yoga Joke	20:30-21:45 Stress Relief yoga Susan				
20:30-21:45 Stress Relief yoga Chantal	20:30-21:45 Restorative Aerialyoga Susan	20:30-21:45 Aerial yoga Josje (english)	20:30-22:00 Hot Poweryoga Ingrid / Valerie / Indre			