


Lesoverzicht 2012 Yogaplace Sittard

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MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
9:30-10:45 Easy flow Yoga Katja		9:30-10:45 Easy flow Yoga Nathalie	9:30-10:45 Easy flow Yoga Manon	9:30-10:45 Yin- Yoga Katja	07:30– 09:15 Ashtanga Led Class - 2e gedeelte van de serie via Mysore Style practise Paul	
11:00-12:15 Power Yoga Katja				11:00-12:15 Easy flow Yoga Katja	9:30-10:45 Ashtanga Led-class Half Primary Series Paul	
					11:00-12:15 Power Yoga Nathalie	
17:30-18:45 Easy flow Yoga Monique	17:30-18:45 Power Yoga Nathalie		17:30 -20:00 (starttijd tot 18.15u) Ashtanga Mysore-style Selfpractise Manon			
19:00-20:15 Power Yoga Lilian	19:00-20:15 Ashtanga Led-class Half Primary series Paul	19:00-20:15 Power Yoga Katja	19:00-20:00 Ashtanga / Mysore Manon			
20:30-21:45 Ashtanga Led-class Half Primary series Lilian	20:30-21:45 Basis Power Yoga Paul	20:30-21:45 Ashtanga Led-class Half Primary series Katja				