

MAANDAG

10U30 - 11U30

G

ONCO YOGA
VANAF 23/09

13U - 17U30

A

PRIVATE PILATES
SESSIES VAN 45'

18U30 - 19U30

A

START TO PILATES

19U45 - 20U45

A

GENTLE PILATES

DINSDAG



11U00 - 12U00

C

MOVING MOM

18U00 - 19U00

K

ZWANGERSCHAPSYOGA

19U15 - 20U15

K

VINYASA YOGA

20U30 - 21U30

K

REFEEL & REFUEL YOGA

WOENSDAG

9U15 - 10U15

G

YIN FLOW YOGA

10U30 - 11U45

G

YOGAREEKS VROUWEN
START: 25/09



19U15 - 20U15

H

GENTLE PILATES

20U30 - 21U30

H

PILATES

VRIIDAG

09U15 - 10U15

H

GENTLE PILATES

10U30 - 11U30

H

PILATES



A = ASHLEY
C = CORALIE
K = KATHLEEN
H = HERMIEN
G = GAELLE