



QINOBI CLASSES

September - December 2026

MAANDAG

9u	Zwangerschapsyoga (2-wekelijks)
17u15	Qi Gong
18u30	Soft Pilates
19u30	Pilates
20u30	Gentle Pilates

DINSDAG

9u15	Do-In
10u30	Ezo ile Güçlü Kadınlar
18u	Zwangerschapsyoga
19u15	Gentle Vinyasa Yoga
20u30	Refeel & Refuel Yoga

WOENSDAG

19u	Start to Pilates: Kickstart (reeks)
19u30	Gentle Pilates
20u30	Pilates

DONDERDAG

8u	Refeel & Refuel Yoga
18u30	Zwangerschapspilates
19u30	Postnatale Pilates

VRIJDAG

8u45	Start to Pilates: Kickstart (reeks)
9u15	Gentle Pilates
10u15	Pilates