



lessenrooster

maandag 6 september t/m donderdag 23 december 2021
Yoga on Call - Oudescheldestraat 16 - 9000

2021
1234

| MAANDAG | hall | room | floor | 👤 | 🕒 |
|----------------------|------|------|-------|---------|---------------|
| Iyengar Yoga | | 🧘 | | EK | 09:30 - 11:00 |
| Iyengar Yoga | 🧘 | | | EK | 12:15 - 13:15 |
| Vinyasa Yoga | 🧘 | | | Gi | 17:00 - 18:00 |
| Vinyasa Yoga | 🧘 | | | Gi | 18:30 - 19:45 |
| Iyengar Yoga | | 🧘 | | EK | 18:45 - 19:45 |
| Iyengar Yoga | 🧘 | | | EK | 20:15 - 21:45 |
| Ashtanga Yoga | | | 🧘 | So | 20:15 - 21:15 |
| Yin Yoga | | 🧘 | | Ly / Mi | 20:30 - 21:30 |
| DINSDAG | hall | room | floor | 👤 | 🕒 |
| Vinyasa Yoga | 🧘 | | | Al | 12:15 - 13:15 |
| Yin Yoga | | 🧘 | | Mi | 12:15 - 13:15 |
| Ashtanga Yoga | | | 🧘 | So | 17:15 - 18:30 |
| Pregnancy Yoga | 🧘 | | | An | 17:30 - 18:30 |
| Herstellende Iyengar | | 🧘 | | EK | 18:45 - 20:00 |
| Vinyasa Yoga | 🧘 | | | Il | 19:00 - 20:00 |
| Vinyasa Yoga | | | 🧘 | Al | 19:00 - 20:00 |
| Iyengar Yoga | 🧘 | | | EK | 20:30 - 21:30 |
| Yin Yoga | | 🧘 | | Ly / Il | 20:30 - 21:30 |
| WOENSDAG | hall | room | floor | 👤 | 🕒 |
| Ashtanga Yoga | | | 🧘 | So | 09:00 - 10:00 |
| Easy Yoga | 🧘 | | | Fr | 09:30 - 10:30 |
| Ashtanga Yoga | | | 🧘 | So | 18:30 - 19:45 |
| Yoga Nidra | 🧘 | | | Ly | 19:00 - 20:00 |
| Vinyasa Yoga | | 🧘 | | Eka | 19:00 - 20:00 |

| Yin Yoga | | | 🧘 | Di | 20:15 - 21:15 |
|----------------------|------|------|-------|----------|---------------|
| Vinyasa Yoga | 🧘 | | | Ly / Eka | 20:30 - 21:30 |
| DONDERDAG | hall | room | floor | 👤 | 🕒 |
| Vinyasa Yoga | 🧘 | | | Eka | 09:30 - 10:30 |
| Iyengar Yoga | 🧘 | | | EK | 11:00 - 12:30 |
| Iyengar Yoga | | 🧘 | | AG | 12:15 - 13:15 |
| Herstellende Iyengar | | 🧘 | | EK | 13:45 - 15:15 |
| Vinyasa Yoga | 🧘 | | | Al | 18:30 - 20:00 |
| Vinyasa Yoga | 🧘 | | | Il | 20:30 - 21:30 |
| Yin Yoga | | | 🧘 | Al | 20:30 - 21:30 |
| VRIJDAG | hall | room | floor | 👤 | 🕒 |
| Asudra Yoga | 🧘 | | | Jo | 09:00 - 10:00 |
| Iyengar Yoga | | 🧘 | | An | 09:00 - 10:00 |
| Iyengar Yoga | | 🧘 | | EK | 10:30 - 12:00 |
| Yin Yoga | 🧘 | | | Ly / Di | 12:15 - 13:15 |
| Ashtanga Yoga | | | 🧘 | So | 12:15 - 13:30 |
| Yin Yoga | 🧘 | | | Mi | 18:00 - 19:30 |
| ZATERDAG | hall | room | floor | 👤 | 🕒 |
| Vinyasa Yoga | 🧘 | | | Di | 09:30 - 10:30 |
| Vinyasa Yoga | 🧘 | | | Di | 11:00 - 12:00 |
| Pregnancy Yoga | | 🧘 | | An | 11:00 - 12:00 |
| Kids Yoga | | | 🧘 | My | 11:00 - 12:01 |
| ZONDAG | hall | room | floor | 👤 | 🕒 |
| Relax & Renew | 🧘 | | | Mi | 10:00 - 11:30 |

CONTROLEER ALTIJD ONS ONLINE LESSENROOSTER VOOR DE VRIJE PLAATSEN EN/OF WIJZIGINGEN! WWW.YOGA-ON-CALL.BE/LESSENROOSTER

LEVELS

🟢 **Beginnen** – Level 1

🟣 **Verkennen** – All Levels

🟡 **Oefenen** – Level 2

🟠 **Verdiepen** – Level 3

🟦 **Herbronnen** – Gentle Level

🟠 **Specifiek** – No Level

Meer info > www.yoga-on-call.be/lessenrooster#levels

WIE 👤

AG: Alexandra G

Al: Alexander

An: Annelies

Di: Diana

Eka: Ekaterina

EK: Eva Kamala

Fr: Francis

Gi: Giel

Il: Ilse

Jo: Johan

Ly: Lyza

Mi: Michèle

My: Mandy

So: Sophie

REEKSEN

Volgende lessen bieden we aan in reeksen van vier of vijf:

- Starten met Yoga
- De wijsheid van het lichaam
- Mama & Baby Yoga
- Kleuter Yoga
- Tiener Yoga

Voor een overzicht van en inschrijvingen in reeksen:

- **Website > YOGA**
- **Website > WORKSHOPS**

WORKSHOPS

Regelmatig bieden we workshops aan op vrijdag, zaterdag en zondag.

Voor het overzicht van komende workshops: **Website > WORKSHOPS**

Meer info : www.yoga-on-call.be