



# LESSENROOSTER Yoga & Pilates

ma 30 maart t/m di 30 juni  
www.yoga-on-call.be



<b>MAANDAG</b>					
09:30 - 10:30	<b>Community Yoga</b>	level 1	Hall	Meryem	
12:10 - 13:00	<b>Mat Pilates</b>	level 1	Hall	Sarah D.	
12:10 - 13:00	<b>Reformer Mix Pilates</b>	level 1	Floor	Efy	🚪
17:00 - 18:00	<b>Vinyasa Yoga</b>	level 1	Hall	Giel	
18:30 - 19:45	<b>Vinyasa Yoga</b>	level 2	Hall	Giel	
18:30 - 19:45	<b>Yin Yoga</b>	gentle	Room	Lyza	
18:30 - 19:20	<b>Mat Pilates</b>	mixed	Floor	Julie D.	🚪
19:30 - 20:20	<b>Mat Pilates</b>	level 1	Floor	Julie D.	🚪
20:15 - 21:15	<b>Ashtanga Yoga</b>	level 1	Hall	Sophie	
20:15 - 21:15	<b>Yoga Nidra</b>	gentle	Room	Lyza	
<b>DINSDAG</b>					
08:45 - 09:35	<b>Mat Pilates</b>	level 1	Hall	Mélanie	
10:30 - 11:45	<b>Iyengar Yoga</b>	mixed	Room	Siel	
12:15 - 13:15	<b>Vinyasa Yoga</b>	level 2	Hall	Alexander	
12:15 - 13:15	<b>Iyengar Yoga</b>	level 1	Room	Siel	
17:00 - 17:50	<b>Reformer Pilates</b>	level 1	Floor	Efy	🚪
17:15 - 18:30	<b>Ashtanga Yoga</b>	mixed	Room	Sophie	
18:00 - 18:50	<b>Mat Pilates</b>	level 2	Floor	Efy	🚪
19:00 - 20:00	<b>Vinyasa Yoga</b>	level 1	Hall	Alexander	
19:00 - 20:15	<b>Vinyasa Yoga</b>	mixed	Room	Louise/Sarah B.	
19:00 - 19:50	<b>Mat Pilates</b>	level 1	Floor	Sofie P.	🚪
20:30 - 21:45	<b>Yin Yoga</b>	gentle	Hall	Alexander	
<b>WOENSDAG</b>					
07:30 - 08:30	<b>Vinyasa Yoga</b>	mixed	Hall	Ulrike	
09:30 - 10:30	<b>Hatha Yoga</b>	no level	Hall	Lyza	
09:45 - 10:35	<b>Mat Pilates</b>	level 1	Room	Efy	
10:45 - 11:35	<b>Reformer Pilates</b>	level 1	Floor	Efy	🚪
12:15 - 13:15	<b>Vinyasa Yoga</b>	level 1	Hall	Thip	
12:15 - 13:15	<b>Yoga Nidra</b>	gentle	Room	Lyza	
17:25 - 18:40	<b>Vinyasa &amp; Yoga Nidra</b>	level 2	Hall	Giel	
18:00 - 18:50	<b>Mat Pilates</b>	level 1	Floor	Lieve	🚪
19:00 - 20:00	<b>Vinyasa Yoga</b>	level 1	Hall	Meryem	
19:00 - 20:00	<b>Yoga Nidra</b>	gentle	Room	Lyza	
20:30 - 21:45	<b>Yin Yoga</b>	gentle	Hall	Thip	

Actieve Yoga   Rustige Yoga   Mat Pilates   Reformer Pilates

<b>DONDERDAG</b>					
09:00 - 09:50	<b>Reformer Pilates</b>	mixed	Floor	Efy	🚪
09:30 - 10:30	<b>Vinyasa Yoga</b>	level 1	Room	Sarah B.	
12:10 - 13:00	<b>Mat Pilates</b>	mixed	Room	Sarah D.	🚪
12:10 - 13:00	<b>Reformer Pilates</b>	level 1	Floor	Yasmina	🚪
12:15 - 13:15	<b>Vinyasa Yoga</b>	mixed	Hall	Alexander	
18:00 - 18:50	<b>Reformer Pilates</b>	level 1	Floor	Efy	🚪
18:30 - 19:45	<b>Vinyasa Yoga</b>	level 2	Hall	Alexander	
18:30 - 19:45	<b>Vinyasa Yoga</b>	mixed	Room	Thip	
19:00 - 19:50	<b>Mat Pilates</b>	level 1	Floor	Efy	🚪
20:15 - 21:15	<b>Vinyasa Yoga</b>	level 1	Hall	Ilse	
20:15 - 21:30	<b>Yin Yoga</b>	gentle	Room	Thip	
<b>VRIJDAG</b>					
09:00 - 10:00	<b>Hatha Yoga</b>	no level	Hall	Lyza	
09:00 - 10:00	<b>Vinyasa Yoga</b>	mixed	Room	Sarah W.	
10:00 - 10:50	<b>Mat Pilates</b>	level 1	Floor	Efy	🚪
11:00 - 11:50	<b>Reformer Pilates</b>	level 1	Floor	Efy	🚪
12:10 - 13:00	<b>Reformer Mix</b>	level 1	Floor	Efy	🚪
12:15 - 13:15	<b>Yin Yoga</b>	gentle	Hall	Lyza	
12:15 - 13:30	<b>Ashtanga Yoga</b>	mixed	Room	Sophie	
17:30 - 18:20	<b>Mat Pilates</b>	mixed	Floor	Katlijn	🚪
18:00 - 19:30	<b>Yin Yoga</b>	gentle	Hall	Trui	
<b>ZATERDAG</b>					
08:15 - 09:15	<b>Ashtanga Yoga</b>	level 1	Room	Julie C.	
09:30 - 10:30	<b>Vinyasa Yoga</b>	level 2	Hall	Diana	
09:30 - 10:40	<b>Yin Yoga</b>	gentle	Room	Sarah W.	
10:00 - 10:50	<b>Mat Pilates</b>	level 1	Floor	Eline	🚪
11:00 - 12:00	<b>Vinyasa Yoga</b>	level 1	Hall	Diana	
11:00 - 12:00	<b>Pregnancy Yoga</b>	no level	Room	Annelies	
11:10 - 12:00	<b>Mat Pilates</b>	mixed	Floor	Julie D.	🚪
<b>ZONDAG</b>					
10:00 - 11:30	<b>Relax &amp; Renew</b>	gentle	Hall	divers	
10:00 - 10:50	<b>Mat Pilates</b>	level 1	Floor	Sarah D.	🚪
11:00 - 11:50	<b>Reformer Pilates</b>	level 1	Floor	Valerie / Katlijn	🚪

**ONZE LESSEN STARTEN STIPT!**  
Zorg dat je er 5 minuten op voorhand bent.

Kom binnen via de zijdeur (nr. 14) met de ontgrendelknop vanaf 15 min voor de start van de les.

Bekijk de feestdaglessen in het online rooster.