



LESSENROOSTER Yoga & Pilates

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



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

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

Actieve Yoga Rustige Yoga Mat Pilates Reformer Pilates

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.