



# lessenrooster

maandag 4 september t/m zaterdag 23 december 2023

Yoga on Call - Oudescheldestraat 16 - 9000 Gent

2023  
1234

| MAANDAG              | hall | room | floor | stream | 👤  | 🕒             |
|----------------------|------|------|-------|--------|----|---------------|
| Iyengar Yoga 🐾       |      | 🔌    |       |        | Si | 09:30 - 10:45 |
| Iyengar Yoga         | 🔌    |      |       |        | Sy | 12:15 - 13:15 |
| Vinyasa Yoga         | 🔌    |      |       |        | Gi | 17:00 - 18:00 |
| Vinyasa Yoga         | 🔌    |      |       |        | Gi | 18:30 - 19:45 |
| Iyengar Yoga 🐾       |      | 🔌    |       |        | Sy | 18:30 - 19:30 |
| Yin Yoga             |      |      | 🔌     |        | Ly | 18:30 - 19:45 |
| Yoga Nidra           |      |      | 🔌     |        | Ly | 20:15 - 21:15 |
| Ashtanga Yoga        | 🔌    |      |       | 📺      | So | 20:15 - 21:15 |
| DINSDAG              | hall | room | floor | stream | 👤  | 🕒             |
| Vinyasa Yoga         | 🔌    |      |       |        | Al | 12:15 - 13:15 |
| Ashtanga Yoga 🐾      |      |      | 🔌     |        | So | 17:15 - 18:30 |
| Pregnancy Yoga       | 🔌    |      |       |        | An | 17:30 - 18:30 |
| Vinyasa Yoga         | 🔌    |      |       |        | Al | 19:00 - 20:00 |
| Iyengar Yoga 🐾       |      | 🔌    |       |        | Si | 19:00 - 20:00 |
| Vinyasa Yoga         |      |      | 🔌     |        | Il | 19:00 - 20:00 |
| Iyengar Yoga         |      | 🔌    |       |        | Si | 20:30 - 21:30 |
| Yin Yoga             | 🔌    |      |       | 📺      | Al | 20:30 - 21:45 |
| WOENSDAG             | hall | room | floor | stream | 👤  | 🕒             |
| Hatha Yoga 🐾         | 🔌    |      |       |        | Ly | 09:30 - 10:30 |
| Yoga Nidra 🐾         | 🔌    |      |       |        | Ly | 12:15 - 13:15 |
| Vinyasa & Yoga Nidra | 🔌    |      |       |        | Gi | 17:15 - 18:30 |
| Vinyasa Yoga         |      |      | 🔌     |        | Th | 18:45 - 20:00 |
| Yoga Nidra           | 🔌    |      |       |        | Ly | 19:00 - 20:00 |
| Vinyasa Yoga         | 🔌    |      |       |        | Is | 20:30 - 21:30 |
| Yin Yoga             |      |      | 🔌     |        | Th | 20:30 - 21:45 |

| DONDERDAG       | hall | room | floor | stream | 👤     | 🕒             |
|-----------------|------|------|-------|--------|-------|---------------|
| Vinyasa Yoga 🐾  | 🔌    |      |       |        | Is    | 09:30 - 10:30 |
| Vinyasa Yoga    | 🔌    |      |       |        | Al    | 12:15 - 13:15 |
| Vinyasa Yoga    | 🔌    |      |       |        | Al    | 18:30 - 19:45 |
| Relax & Renew 🐾 |      | 🔌    |       |        | Ha/Mi | 18:30 - 19:45 |
| Vinyasa Yoga    | 🔌    |      |       | 📺      | Il    | 20:15 - 21:15 |
| Yoga Nidra      |      | 🔌    |       |        | Ha/Mi | 20:15 - 21:15 |
| VRIJDAG         | hall | room | floor | stream | 👤     | 🕒             |
| Hatha Yoga 🐾    | 🔌    |      |       |        | Ly    | 09:00 - 10:00 |
| Iyengar Yoga 🐾  |      | 🔌    |       |        | An    | 09:00 - 10:00 |
| Yin Yoga        | 🔌    |      |       | 📺      | Ly    | 12:15 - 13:15 |
| Ashtanga Yoga 🐾 |      |      | 🔌     |        | So    | 12:15 - 13:30 |
| Yin Yoga 🐾      | 🔌    |      |       |        | div*  | 18:00 - 19:30 |
| ZATERDAG        | hall | room | floor | stream | 👤     | 🕒             |
| Vinyasa Yoga    | 🔌    |      |       | 📺      | Di    | 09:30 - 10:30 |
| Ashtanga Yoga   |      |      | 🔌     |        | Ul    | 09:30 - 10:30 |
| Vinyasa Yoga    | 🔌    |      |       | 📺      | Di    | 11:00 - 12:00 |
| Pregnancy Yoga  |      | 🔌    |       |        | An    | 11:00 - 12:00 |
| Yin Yoga        |      |      | 🔌     |        | div*  | 11:00 - 12:15 |
| Iyengar Yoga 🐾  |      | 🔌    |       |        | Ma    | 12:30 - 13:45 |
| ZONDAG          | hall | room | floor | stream | 👤     | 🕒             |
| Relax & Renew   | 🔌    |      |       |        | Mi    | 10:00 - 11:30 |

\* zie online rooster  
 🐾 lessen binnen het 'Puppy Dog' abonnement

**CONTROLEER ALTIJD ONS ONLINE LESSENROOSTER VOOR DE VRIJE PLAATSEN EN/OF LAST MINUTE WIJZIGINGEN!**  
[WWW.YOGA-ON-CALL.BE/LESSENROOSTER](http://WWW.YOGA-ON-CALL.BE/LESSENROOSTER)

### LEVELS

- 🟢 **Beginnen** – Level 1
- 🟡 **Verkennen** – All Levels (géén beginners)
- 🟠 **Oefenen** – Level 2
- 🔵 **Herbronnen** – Gentle Level
- 🟡 **Specifiek** – No Level

Meer info > [www.yoga-on-call.be/lessenrooster#levels](http://www.yoga-on-call.be/lessenrooster#levels)

### WIE 👤

|               |             |            |                       |
|---------------|-------------|------------|-----------------------|
| Al: Alexander | Il: Ilse    | Sa: Sarah  | Ul: Ulrike            |
| An: Annelies  | Is: Issy    | Si: Siel   | div: diverse docenten |
| Di: Diana     | Ly: Lyza    | So: Sophie |                       |
| Gi: Giel      | Ma: Marian  | Sy: Sylvia |                       |
| Ha: Hannah    | Mi: Michèle | Th: Thip   |                       |

### ONZE REEKSEN

- De wervelkolom met **Johan** - start zo 3 sept 10.30 uur
- Gezond ouder worden met **Sylvia** - start ma 4 sept 14.00 uur
- Ashtanga Yoga Fundamentals met **Ulrike** - start do 14 sept 19.00 uur
- Mama & Baby Yoga met **Annelies** - start vr 15 sept en 10 nov 10.30 uur
- Somatic Movement met **Michèle** - start za 16 sept 09.30 uur
- Iyengar Yoga Animal Asana met **Sylvia** - start wo 20 sept 19.00 uur
- Functional Vinyasa Flow met **Issy** - start zo 24 sept 10.30 uur
- Iyengar Yoga & Immuniteit met **Marian** - start vr 10 nov 13.30 uur

Inschrijven via website > **SPECIALS**

Hier vind je ook onze workshops, lange lessen en yoga retreats.

**Meer info : [www.yoga-on-call.be](http://www.yoga-on-call.be)**