



# lessenrooster

## zaterdag 23 december 2023 t/m zondag 7 januari 2024

| ZA 23 DEC                                   | hall                        | room | floor | stream | 👤  | 🕒             |
|---|-----------------------------|------|-------|--------|----|---------------|
| Ashtanga Yoga                               |                             |      | 🔌     | 📺      | Ul | 09:30 - 10:30 |
| Vinyasa Yoga                                | 🔌                           |      |       | 📺      | Di | 09:30 - 10:30 |
| Vinyasa Yoga                                | 🔌                           |      |       | 📺      | Di | 11:00 - 12:00 |
| Pregnancy Yoga                              |                             | 🔌    |       |        | An | 11:00 - 12:00 |
| Yin Yoga                                    |                             |      | 🔌     |        | Ha | 11:00 - 12:15 |
| Iyengar Yoga                                |                             | 🔌    |       |        | Ma | 12:30 - 13:45 |
| ZO 24 DEC                                   | hall                        | room | floor | stream | 👤  | 🕒             |
| Giel's Christmas Vinyasa*                   | 🔌                           |      |       |        | Gi | 10:00 - 12:00 |
| Relax & Renew Deep met Michèle*             |                             | 🔌    |       |        | Mi | 10:00 - 12:00 |
| Diana's Yin-gle Bells*                      |                             |      | 🔌     |        | Di | 10:00 - 12:00 |
| MA 25 DEC                                   | KERSTMIS - STUDIO GESLOTEN  |      |       |        |    |               |
| DI 26 DEC                                   | hall                        | room | floor | stream | 👤  | 🕒             |
| XL Yin Yoga*                                | 🔌                           |      |       |        | Th | 10:00 - 12:00 |
| XI Iyengar Yoga - Twists en zo*             |                             | 🔌    |       |        | Si | 10:00 - 12:00 |
| XL Vinyasa Yoga*                            |                             |      | 🔌     |        | Il | 10:00 - 12:00 |
| Roll & Release Intensive €                  | 🔌                           |      |       |        | Al | 14:00 - 16:00 |
| WO 27 DEC                                   | hall                        | room | floor | stream | 👤  | 🕒             |
| Hatha Yoga                                  | 🔌                           |      |       |        | Ly | 09:30 - 10:30 |
| XL Yin & Yoga Nidra*                        | 🔌                           |      |       |        | Ly | 11:00 - 13:00 |
| Roll & Release Intensive €                  | 🔌                           |      |       |        | Al | 14:00 - 16:00 |
| XL Vinyasa Yoga - The 5 Elements Flow*      | 🔌                           |      |       |        | Is | 18:00 - 20:00 |
| Yin Yoga                                    | 🔌                           |      |       |        | Th | 20:30 - 21:45 |
| DO 28 DEC                                   | hall                        | room | floor | stream | 👤  | 🕒             |
| Vinyasa Yoga                                | 🔌                           |      |       |        | Is | 09:30 - 10:30 |
| Iyengar Yoga - Inversies                    |                             | 🔌    |       |        | An | 09:30 - 10:45 |
| Vinyasa Yoga                                |                             |      |       |        | Al | 12:15 - 13:15 |
| Roll & Release Intensive €                  | 🔌                           |      |       |        | Al | 14:00 - 16:00 |
| Yin & Yang Yoga*                            | 🔌                           |      |       |        | Di | 19:00 - 21:00 |
| VR 29 DEC                                   | hall                        | room | floor | stream | 👤  | 🕒             |
| Somatic Movement                            |                             | 🔌    |       |        | Mi | 09:30 - 10:45 |
| Vinyasa Yoga (Level 3 Try-out!)             | 🔌                           |      |       |        | Is | 11:30 - 13:00 |
| Ashtanga Yoga                               |                             |      | 🔌     |        | So | 12:15 - 13:30 |
| Yin Yoga & Soundhealing met Diana & Pieter* | 🔌                           |      |       |        | Di | 19:00 - 20:30 |
| ZA 30 DEC                                   | hall                        | room | floor | stream | 👤  | 🕒             |
| Ashtanga Yoga                               |                             |      | 🔌     |        | Ul | 09:30 - 10:30 |
| Vinyasa Yoga                                | 🔌                           |      |       | 📺      | Di | 09:30 - 10:30 |
| Vinyasa Yoga                                | 🔌                           |      |       | 📺      | Di | 11:00 - 12:00 |
| ZO 31 DEC                                   | hall                        | room | floor | stream | 👤  | 🕒             |
| Alexander's Sylvester Vinyasa*              | 🔌                           |      |       |        | Al | 10:00 - 12:00 |
| Michèle's Somatic Movement*                 |                             | 🔌    |       |        | Mi | 10:00 - 12:00 |
| Diana's Connected Breathing*                |                             |      | 🔌     |        | Di | 10:00 - 12:00 |
| MA 1 JAN                                    | NIEUWJAAR - STUDIO GESLOTEN |      |       |        |    |               |

| DI 2 JAN                                    | 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 |
| Vinyasa Yoga                                |      |      | 🔌     |        | Il | 19:00 - 20:00 |
| Iyengar Yoga                                |      | 🔌    |       |        | Si | 19:00 - 20:00 |
| Yin Yoga                                    | 🔌    |      |       | 📺      | Al | 20:30 - 21:45 |
| Iyengar Yoga                                |      | 🔌    |       |        | Si | 20:30 - 21:30 |
| WO 3 JAN                                    | hall | room | floor | stream | 👤  | 🕒             |
| Vinyasa & Yoga Nidra                        | 🔌    |      |       |        | Gi | 17:30 - 18:45 |
| Vinyasa Yoga                                |      |      | 🔌     |        | Di | 18:45 - 20:00 |
| Vinyasa Yoga                                | 🔌    |      |       |        | Is | 20:30 - 21:30 |
| Yin Yoga                                    |      |      | 🔌     |        | Di | 20:30 - 21:45 |
| DO 4 JAN                                    | hall | room | floor | stream | 👤  | 🕒             |
| Vinyasa Yoga                                | 🔌    |      |       |        | Is | 09:30 - 10:30 |
| Iyengar Yoga - Inversies                    |      | 🔌    |       |        | An | 09:30 - 10:45 |
| Vinyasa Yoga                                | 🔌    |      |       |        | Al | 12:15 - 13:15 |
| Vinyasa Yoga                                | 🔌    |      |       |        | Al | 18:30 - 19:45 |
| Relax & Renew                               |      | 🔌    |       |        | Ha | 18:30 - 19:45 |
| Vinyasa Yoga                                | 🔌    |      |       | 📺      | Il | 20:15 - 21:15 |
| Yoga Nidra                                  |      | 🔌    |       |        | Ha | 20:15 - 21:15 |
| VR 5 JAN                                    | hall | room | floor | stream | 👤  | 🕒             |
| Somatic Movement                            |      | 🔌    |       |        | Mi | 09:30 - 10:45 |
| Ashtanga Yoga                               |      |      | 🔌     |        | So | 12:15 - 13:30 |
| XL Iyengar Yoga - Kurunta (met de touwen)*  |      | 🔌    |       |        | Ma | 14:30 - 16:30 |
| Yin Yoga & Klankschalen met Hannah en Trui* | 🔌    |      |       |        | Ha | 19:00 - 21:00 |
| ZA 6 JAN                                    | hall | room | floor | stream | 👤  | 🕒             |
| Ashtanga Yoga                               |      |      | 🔌     |        | Ul | 09:30 - 10:30 |
| Vinyasa Yoga                                | 🔌    |      |       | 📺      | Di | 09:30 - 10:30 |
| Vinyasa Yoga                                | 🔌    |      |       | 📺      | Di | 11:00 - 12:00 |
| Yin Yoga                                    |      |      | 🔌     |        | Al | 11:00 - 12:15 |
| ZO 7 JAN                                    | hall | room | floor | stream | 👤  | 🕒             |
| Relax & Renew                               | 🔌    |      |       |        | Mi | 10:00 - 11:30 |

\* deze lange les volg je voor 2 beurten op de kaart, €1,- gaat naar de Gentse organisatie Brooddoosnodig  
 € voor deze workshop/training betaal je bij inschrijving, niet mogelijk met beurtenkaart

### LEVELS

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

### WIE 👤

Al: Alexander    Di: Diana    Ha: Hannah    Is: Issy    Ma: Marian    Si: Siel    Th: Thip  
 An: Annelies    Gi: Giel    Il: Ilse    Ly: Lyza    Mi: Michèle    So: Sophie    Ul: Ulrike

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)