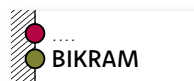




LET OP!!



Stoplicht-lessen:
Les gaat door bij 5 aanmeldingen (om 18 uur de avond ervoor)



Speciale lessen:
- Silent Bikram les (28/12)
- YIN XL (Nieuwjaar Special, 8/1)

Lesrooster: 20 december 2021 - 16 januari 2022

MA 20/12	DI 21/12	WOE 22/12	DO 23/12	VRIJ 24/12	ZA 25/12	ZON 26/12
9.15-10.45 BIKRAM	9.15-10.45 BIKRAM	9.15-10.45 CORE	9.15-10.45 BIKRAM	9.15-10.45 BIKRAM		
	11.30-12.45 YIN		11.30-12.45 FLOW			10.15-11.45 BIKRAM
15.00-16.30 CORE		15.00-16.30 BIKRAM				

MA 27/12	DI 28/12	WOE 29/12	DO 30/12	VRIJ 31/12	ZA 1/1	ZON 2/1
9.15-10.45 BIKRAM	9.15-10.45 BIKRAM	9.15-10.45 CORE	9.15-10.45 BIKRAM	9.15-10.45 BIKRAM		8-9.30 BIKRAM
						10.15-11.45 BIKRAM
15.00-16.30 CORE	15.00-16.30 BIKRAM	15.00-16.30 BIKRAM	15.00-16.30 BIKRAM		15.00-16.30 BIKRAM	15.00-16.30 CORE

MA 3/1	DI 4/1	WOE 5/1	DO 6/1	VRIJ 7/1	ZA 8/1	ZON 9/1
	7.00-8.30 BIKRAM					
9.15-10.45 BIKRAM	9.15-10.45 BIKRAM	9.15-10.45 CORE	9.15-10.45 BIKRAM	9.15-10.45 BIKRAM	9.15-10.45 BIKRAM	8-9.30 BIKRAM
	11.30-12.45 YIN		11.30-12.45 FLOW		11.30-12.45 FLOW	10.15-11.45 BIKRAM
	15.00-16.30 FLOW	15.00-16.30 BIKRAM		15.00-16.30 BIKRAM	14.00-16.00 YIN XL	15.00-16.30 CORE

MA 10/1	DI 11/1	WOE 12/1	DO 13/1	VRIJ 14/1	ZA 15/1	ZON 16/1
	7.00-8.30 BIKRAM					
9.15-10.45 BIKRAM	9.15-10.45 BIKRAM	9.15-10.45 CORE	9.15-10.45 BIKRAM	9.15-10.45 BIKRAM	9.15-10.45 BIKRAM	8-9.30 BIKRAM
	11.30-12.45 YIN		11.30-12.45 FLOW		11.30-12.45 FLOW	10.15-11.45 BIKRAM
		15.00-16.30 BIKRAM		15.00-16.30 BIKRAM	14.00-15.15 YIN	15.00-16.30 CORE