

ZOMERROOSTER 2026



ROOSTER (13 JULI T/M 19 JULI)

MA 13/7	DIN 14/7	WOE 15/7	DON 16/7	VRIJ 17/7	ZA 18/7	ZON 19/7
	9.15-10.45 BIKRAM	9.15-10.45 CORE	9.15-10.45 BIKRAM	9.15-10.45 BIKRAM	9.00-10.30 CORE	8.00-9.30 BIKRAM
	11.30-13.00 YIN			11.30-13.00 YIN	11.15-12.45 BIKRAM	10.15-11.45 BIKRAM
17.45-19.15 BIKRAM		17.45-19.15 BIKRAM		14.15-15.15 SANA		
20.00-21.30 CORE	20.00-21.30 BIKRAM	19.30-21.00 YIN				

ZOMERFEESTEN (20 JULI T/M 26 JULI)

MA 20/7	DIN 21/7	WOE 22/7	DON 23/7	VRIJ 24/7	ZA 25/7	ZON 26/7
	9.15-10.45 BIKRAM	9.15-10.45 CORE	9.15-10.45 BIKRAM		9.00-10.30 CORE	9.00-10.30 BIKRAM
	11.30-13.00 YIN	14.00-15.00 SANA				
17.45-19.15 BIKRAM						
20.00-21.30 CORE						

ZOMERROOSTER (27 JULI T/M 30 AUGUSTUS)

MA	DIN	WOE	DON	VRIJ	ZA	ZON
	9.15-10.45 BIKRAM	9.15-10.45 CORE		9.15-10.45 BIKRAM	9.00-10.30 CORE	9.00-10.30 BIKRAM
				11.30-13.00 YIN		
17.45-19.15 BIKRAM		17.45-19.15 BIKRAM				
20.00-21.30 CORE	20.00-21.30 BIKRAM	20.00-21.30 YIN				

SANA YOGA

WOE 19/8

WOE 26/8

VRIJ 28/8

woensdag 14.00-15.00
vrijdag 14.15-15.15