

ZOMER & OPSTART NAJAAR 2026



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

OPSTART NAJAAR

MA 31/8	DIN 1/9	WOE 2/9	DON 3/9	VRIJ 4/9	ZA 5/9	ZON 6/9
	9.15-10.45 BIKRAM	9.15-10.45 CORE		9.15-10.45 BIKRAM	9.00-10.30 CORE	8.00-9.30 BIKRAM
		14.00-15.00 SANA		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	17.45-19.15 CORE	14.15-15.15 SANA		
20.00-21.30 CORE	20.00-21.30 BIKRAM	20.00-21.30 YIN	20.00-21.30 BIKRAM			

MA 7/9	DIN 8/9	WOE 9/9	DON 10/9	VRIJ 11/9	ZA 12/9	ZON 13/9
	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
		14.00-15.00 SANA		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	17.45-19.15 CORE	14.15-15.15 SANA		
20.00-21.30 CORE	20.00-21.30 BIKRAM	20.00-21.30 YIN	20.00-21.30 BIKRAM			