

Dance & Yoga Styles



Vuurzaal

Rooster Maart



Aardezaal

Maandag	
Pole Starters 18.00-19.00 Nicole	18.00
Pole Duo 19.00-20.15 Karolien	19.00
	20.00
	21.00

Pro Flexibility 18.45-20.00 Larissa	
Yoga Flow 20.15-21.30 Larissa	

Dinsdag	
	18.00
Power Pole Flow 19.00-20.15 Gerben	19.00
Free Pole Training 20.15-21.30	21.00

Barre Yoga 18.15-19.15 Le	
Ballet 19.15-20.15 Le	
Aerial Yoga 20.30-21.30 Mariette	

Woensdag	
	09.00
	10.00
	16.00
	17.00
Aerial Kids 18.00-18.45 Larissa	18.00

Yin Yoga 09.00-10.00 Martha	
Peuter/kleuterdans 2,5-6 jaar 16.00-16.45 Larissa	

Pole Starters 19.00-20.15 Erika	19.00	Show Musical 19.00-20.00 Paulien
Contemporary Pole 20.15-21.30 Le	20.00	
	21.00	Acro Yoga 20.15-21.30 Larissa

Donderdag

	18.00	Free Meditation (geen docent aanwezig) 18.00-18.30
Pole Starters 19.00-20.00 Larissa	19.00	Yoga Pose of the Month 18.45-19.45 Gerben
Sexy Pole 20.00-21.00 Jennifer	20.00	Slow Down Yoga 20.00-21.15 Larissa
	21.00	

Vrijdag

1 en 22 maart Bungee Dance 19.00-20.30 aanmelden via info@danceyogastyles.nl

Zaterdag

	08.00	
Free Pole Training 09.00-11.00	09.00	Meditatie 08.30-09.00 Larissa
	10.00	Aerial Yoga 09.00-10.30 Larissa
	11.00	Hatha Yoga 11.00-12.00 Larissa
	12.00	