

## SCHEDULE

### Maandag

09u30 Morning Slow Flow  
19u00 Energetic Vinyasa Flow  
20u15 Inner Flow & Dance

### Dinsdag

19u00 Flow & Meditate  
20u15 Inner Flow & Dance

### Zondag

09u00 Guided Meditation  
09u45 Energetic Vinyasa Flow  
11u11 Inner Flow & Dance