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Maandag	
09:00 - 10:00	Essentrics Stretch & Tone
10:15 - 11:15	Essentrics Barre
11:30 - 12:30	Essentrics Release, Rebalance & Restore
16:45 - 17:45	Essentrics Stretch & Tone
18:00 - 19:15	Yin Yoga
19:30 - 20:45	Yin Yoga

Dinsdag	
07.15 - 08.00	Essentrics Daybreak
09:00 - 10:00	Pure Rythms
10:15 - 11:30	Ashtanga Yoga
12:00 - 12:30	Essentrics Lunch Break
18:00 - 19:00	Essentrics Stretch & Tone
19:30 - 20:45	Yin Yoga

Woensdag	
09:00 - 10:15	Yin / Yin Yang Yoga
10:15 - 11:30	Yoga Flow
11:45 - 12:45	Essentrics Release, Rebalance & Restore
18:45 - 19:45	Pure Rythms
20:00 - 21:00	Essentrics

Donderdag	
07.15 - 08.00	Essentrics Daybreak
09:00 - 10:15	Yin / Yin Yang Yoga
10:30 - 11:45	Ashtanga Yoga
12:00 - 12:30	Essentrics Lunch Break
12:30 - 13:00	Yoga Lunch Break
16:45 - 17:45	Essentrics Stretch & Tone
18:00 - 19:00	Essentrics Stretch & Tone
19:15 - 20:30	Ashtanga Yoga

Vrijdag	
09:00 - 10:00	Essentrics Stretch & Tone
10:15 - 11:30	Yin / Yin Yang Yoga
11:45 - 12:45	Essentrics Release, Rebalance & Restore

Zaterdag	
09:15 - 10:15	Essentrics Stretch & Tone
10:30 - 11:45	Ashtanga Yoga
12:00 - 13:00	Essentrics Barre

Zondag	
09:30 - 10:45	Yin / Yin Yang Yoga
11:30 - 12:30	Essentrics