

Rooster BASE - Lombok

Kanaalstraat 254, Utrecht

Maandag

9.00 - 10.00 YogaPilates

10.15 - 11.15 Hatha Yoga

17.15 - 18.00. pilates

18.15 - 19.15 BarreWorkout

19.30 - 20.30 Pilates

20.45 - 21.45 YogaPilates

Lombok 2 | Atjeh

19.30 - 21.30 Yin Yoga

20.45 - 22.00 Restorative Yin Yoga

Woensdag

8.00 - 8.45 Yoga Wake-Up

9.00 - 10.00 BarreWorkout

10.15 - 11.15 Pilates

17.15 - 18.00. Pilates

18.15 - 19.15. BarreWorkout

19.30 - 20.30 Pilates

Lombok 2 | Atjeh

20.30 - 21.30 Yin Yoga

Vrijdag

8.00 - 8.45 BarreWorkout

9.00 - 10.00. Pilates

10.15 - 11.30 Wellbeing Yoga

12.15 - 13.00 Pilates

16.45 - 18.00 Wellbeing Yoga

18.30 - 19.30 AdemWerk

19.45 - 20.45 Yin Yoga

Dinsdag

8.00 - 8.45 Yoga Wake-Up

9.00 - 10.00 Yin Yoga & fascia releas

10.15 - 11.15 BarreWorkout

17.30 - 18.30 S.H.I.I.T. Circuit training

20.15 - 21.00 BarreWorkout

21.15 - 22.00 BodyWork & stretch

Lombok | Atjeh

18.30 - 19.30 Mobility Workout

19.45 - 20.45 Strong Mobility

21.00 - 22.00 Mobility Gentle Flow

Donderdag

9.00 - 10.00 YogaPilates

10.15 - 11.15. Yin Yang Yoga

18.15 - 19.15 Pilates

19.30 - 20.30 BarreWorkout

20.45 - 21.45 YogaPilates

Lombok 2 | Atjeh

20.45 - 22.00 Restorative Yin Yoga

Zaterdag

9.00 - 10.00 Power Pilates (dance)

10.15 - 11.15 Pilates

11.30 - 12.30 Qi Gong

Zondag

10.00 - 11.00 Popup lessen

11.15 - 12.15 Popup lessen

e.a. tijden

rooster in de app
is leidend



STABILITY

www.baseforstability.nl

Rooster BASE - Tuinwijk

P.C. Borstraat 13, Utrecht

Maandag

9.00 - 10.00 BarreWorkout

12.15 - 13.00 Hatha Yoga

16.15 - 17.15 Hatha Yoga

17.30 - 18.30 ZwangerschapsYoga

18.40 - 19.25 YogaPilates

19.30 - 20.30. BarreWorkout

20.45 - 21.45 Pilates

Woensdag

9.00 - 10.00 Pilates

10.15 - 11.15. Yin Yoga & fascia
relaese

17.15 - 18.00 Pilates

18.15 - 19.15 Yin Yoga NIEUW

19.30 - 20.30 YogaPilates

20.45 - 21.45 AdemWerk

Vrijdag

9,00 - 10.00. BarreWorkout

10.15 - 11.15 YogaPilates

Zondag

10.00 - 11.00 BarreWorkout

11.15 - 12.15 Pilates

e.a. pop up lessen

Dinsdag

9.00 -. 10.00. Power Pilates

10.15 - 11.15 Mobility & Body
Connectivity

17.30 - 18.30 Flow Yoga

18.45 - 19.45. YogaPilates

20,00 - 21.00 Nidra & Yin Yoga

Donderdag

8.00 - 8.45 Mobility Wake-Up Flow

9.00 - 10.00 Animal Flow

19.15 - 20.15 BarreWorkout

20.30 - 21.30 Vinyasa Yoga

Zaterdag

9.00 - 10.00 Pilates

10.15 - 11.15 Yin Yoga & fascia
relaese

11.30 - 12.30 Pop up (Face yoga e.a.)

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