



From July 20, 2020

MONDAY			THURSDAY		
10	Mat				
11		Reformer			
18		Tower	18	Mat	
19	Mat	Reformer	19		Intro Reformer
20	Mat II		20	Mat	
TUESDAY			FRIDAY		
08	Online mat				
			09	Online mat	
			10		Reformer
			11	Mat	Tower
			12		
18	Mat				
19		Reformer			
20		Reformer			
WEDNESDAY			SATURDAY		
09	Mat		09	Mat	Reformer
10		Tower	10	Mat	Reformer
			11		Intro Reformer
20	Online mat				
			SUNDAY		
			10	Online mat	

Mat Level II = open to participants with at least 6 months Mat experience.
 Reformer Level II = open to participants with at least 6 months Reformer experience.



Vanaf 20 juli 2020

MAANDAG			DONDERDAG		
10	Mat				
11		Reformer			
18		Tower	18	Mat	
19	Mat	Reformer	19		Intro Reformer
20	Mat II		20	Mat	
DINSDAG			VRIJDAG		
08	Online mat				
			09	Online mat	
			10		Reformer
			11	Mat	Tower
			12		
18	Mat				
19		Reformer			
20		Reformer			
WOENSDAG			ZATERDAG		
09	Mat		09	Mat	Reformer
10		Tower	10	Mat	Reformer
			11		Intro Reformer
20	Online mat				
			ZONDAG		
			10	Online mat	

Mat Level II = alleen voor deelnemers met min. 6 maanden Mat ervaring

Reformer Level II = alleen voor deelnemers met min. 6 maanden Reformer ervaring