



From December 1st, 2020

MONDAY			THURSDAY		
09	Reformer				
10	Mat				
18	Tower				
19	Mat		19	Reformer	
20	Reformer		20	Mat	Intro Reformer
			21		
TUESDAY			FRIDAY		
09	Online mat				
			08	Online mat	
			09	Reformer	
			10	Mat	
18	Mat				
19	Reformer				
20	Reformer				
WEDNESDAY			SATURDAY		
09	Mat		09	Mat	Reformer
10	Reformer		10	Mat	Reformer
			11		Tower
			12	Barre	
			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.

Intro Reformer = new participants take minimum 3 Intro classes before joining the regular Reformer class



Vanaf 1 december 2020

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

Intro Reformer = nieuwe deelnemers volgen minimaal 3 Intro lessen voor deelname aan Reformer lessen