



# YOGA CLASSES SCHEDULE

YogaYatra Studio - Govert Flinckstraat 137-hs, 1072 EH, Amsterdam-De Pijp

Vinyasa Yoga **BASICS** - Beginners & Intermediate  
Vinyasa Yoga **ADVANCED** - Intermediate & Advanced

Vinyasa Yoga **ALL LEVELS** - All Levels

**PRENATAL** Yoga - from 14-42 weeks of Pregnancy

**POSTNATAL** Yoga - from 6 weeks (10 c-section) after Delivery

	MORNING	MIDDAY	AFTERNOON	EVENING
MONDAY	10.15-11.45h <b>ALL LEVELS</b>	<i>Private Yoga</i>	<i>Private Yoga</i>	18.15-19.45h <b>ADVANCED</b>  20-21.30h <b>BASICS</b>
TUESDAY	<i>Private Yoga</i>	<i>Private Yoga</i>	<i>Private Yoga</i>	18.15-19.45h <b>PRENATAL</b>  20-21.30h <b>BASICS</b>
WEDNESDAY	10.15-11.45h <b>ALL LEVELS</b>	<i>Private Yoga</i>	<i>Private Yoga</i>	18.15-19.45h <b>BASICS</b>  20-21.30h <b>ADVANCED</b>
THURSDAY	<i>Private Yoga</i>	<i>Private Yoga</i>	<i>Private Yoga</i>	18.15-19.45h <b>ALL LEVELS</b>  20-21.15h <b>POSTNATAL</b>
FRIDAY	10.15-11.45h <b>ALL LEVELS</b>	<i>Private Yoga</i>	<i>Private Yoga</i>	
SATURDAY	10.15-11.45h <b>ADVANCED</b>	12-13.30h <b>BASICS</b>	<i>Private Yoga</i> <i>/ Workshop</i>	
SUNDAY	<i>Workshop</i>	<i>Workshop</i>	<i>Workshop</i>	

You can also book Corine for **Private Yoga** sessions, see schedule for possible timings!

[WWW.YOGAYATRA.NL](http://WWW.YOGAYATRA.NL)