B.K.S. IYENGAR YOGA INSTITUTE AMSTERDAM

अथ योगानुशासनम्

Class Schedule / Les rooster

3 January thru to 30 June 2020 / 3 januari t/m 30 juni 2020

Monday / maandag	*Tuesday / dinsdag*	*Wednesday / woensdag*	*Thursday / donderdag*	*Friday / vrijdag*	*Saturday / zaterdag*	*Sunday / zondag*
10.15-11.45 **level 1/2** Mumtaz Khadjé 18.00-19.30 **level 2** Donald Streeter 20.00-21.30 **level 1** Delilah King	10.15-11.45 **level 1/2** Donald Streeter 14.00-15.30 **level 1** Daniela Gfeller 18.00-19.30 **level 2** Daniela Gfeller 18.00-20.00 **level 4** Delilah King 20.00-21.30 **level 1** Maria Arias 20.00-21.30* **prenatal*** Daniela Gfeller	10.15-11.45 **level 1/2** Jan Kievits 18.00-19.30 **level 2** Evelien van der Ploeg 20.00-21.30 **level 1** Chi Lee	10.15-12.15 **level 3** Delilah King 14.00-15.30 **level 1/2** Paula Soares 18.00-19.30 **level 2** Donald Streeter 18.00-20.00** **medical class**** Delilah King and assistants	10.15-11.45 **level 2/3** Delilah King 11.00-12.30 **level 1** Jan Kievits 12.00-13.30 **level 1/2** Daniela Gfeller	08.30-10.00 **power class** Donald Streeter 10.15-11.45 **level 1** Francesca Thompson 12.00-13.30 **level 1** Elias General	10.15-11.45 **level 3** Delilah King 12.00-13.30 **level 1/2** Jan Kievits 18.00-19.30 **level 1** Joelle Tang

NOTE: Please check the website before arriving for class for last minute class changes

prenatal*: pre-registration only (prenatal@iyengaryogaamsterdam.com) **medical class**:** pre-registration only (medical@iyengaryogaamsterdam.com)

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