

**B.K.S. IYENGAR YOGA INSTITUTE AMSTERDAM**  
**अथ योगानुशासनम्**

***Class Schedule / Les rooster***

***1 September thru to 21 December 2018 / 1 september t/m 21 december 2018***

<b><i>Monday / maandag</i></b>	<b><i>Tuesday / dinsdag</i></b>	<b><i>Wednesday / woensdag</i></b>	<b><i>Thursday / donderdag</i></b>	<b><i>Friday / vrijdag</i></b>	<b><i>Saturday / zaterdag</i></b>	<b><i>Sunday / zondag</i></b>
<p>10.15-11.45 <b>level 1/2</b> Mumtaz Khadjé</p> <p>18.00-19.30 <b>all levels</b> Donald Streeter</p> <p>20.00-21.30 <b>level 1</b> Delilah King</p>	<p>10.15-11.45 <b>level 1/2</b> Donald Streeter</p> <p>14.00-15.30 <b>level 1</b> Ralph Pilleri</p> <p>18.00-19.30 <b>level 2</b> Daniela Gfeller</p> <p>18.00-20.00 <b>level 4</b> Delilah King</p> <p>20.00-21.30 <b>level 1</b> Joelle Sie Man Tang /</p> <p>20.00-21.30 <b>Prenatal</b> Daniela Gfeller</p>	<p>10.15-11.45 <b>level 1/2</b> Jan Kievits</p> <p>10.30-12.00 <b>level 2/3</b> Erika Doucette</p> <p>18.00-19.30 <b>level 2</b> Paula Soares</p> <p>20.00-21.30 <b>level 1</b> Chi Lee</p>	<p>08.30-10.00 <b>power class</b> Donald Streeter</p> <p>10.15-12.15 <b>level 3</b> Delilah King</p> <p>14.00-15.30 <b>level 1/2</b> Ralph Pilleri</p> <p>15.30-17.00 <b>Senior class 55+</b> Ela Chauhan</p> <p>18.00-19.30 <b>level 2</b> Donald Streeter</p> <p>18.00-20.00 <b>medical class</b> Delilah King and assistants</p>	<p>10.15-11.45 <b>level 2/3</b> Delilah King</p> <p>11.00-12.30 <b>level 1</b> Jan Kievits</p> <p>12.00-13.30 <b>level 1/2</b> Daniela Gfeller</p>	<p>08.30-10.00 <b>all levels</b> Donald Streeter</p> <p>10.15-11.45 <b>level 1</b> Jan Kievits</p> <p>12.00-13.30 <b>level 1</b> Elias General</p>	<p>10.15-11.45 <b>level 3</b> Delilah King</p> <p>12.00-13.30 <b>level 1/2</b> Jan Kievits</p> <p>18.00-19.30 <b>level 1</b> Ralph Pilleri</p>