

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

***Class Schedule / Les rooster***

***3 January thru to 30 June 2019 / 3 januari t/m 30 juni 2019***

<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>
10.15-11.45 <b>level 1/2</b> Mumtaz Khadjé	10.15-11.45 <b>level 1/2</b> Donald Streeter	10.15-11.45 <b>level 1/2</b> Jan Kievits	08.30-10.00 <b>power class</b> Donald Streeter	10.15-11.45 <b>level 2/3</b> Delilah King	08.30-10.00 <b>power class</b> Donald Streeter	10.15-11.45 <b>level 3</b> Delilah King
18.00-19.30 <b>level 2</b> Donald Streeter	14.00-15.30 <b>level 1</b> Ralph Pilleri	18.00-19.30 <b>level 2</b> Paula Soares (Maria Arias)	10.15-12.15 <b>level 3</b> Delilah King	11.00-12.30 <b>level 1</b> Jan Kievits	10.15-11.45 <b>level 1</b> Jan Kievits	12.00-13.30 <b>level 1/2</b> Jan Kievits
20.00-21.30 <b>level 1</b> Delilah King	18.00-19.30 <b>level 2</b> Daniela Gfeller	20.00-21.30 <b>level 1</b> Chi Lee	14.00-15.30 <b>level 1/2</b> Ralph Pilleri	12.00-13.30 <b>level 1/2</b> Daniela Gfeller	12.00-13.30 <b>level 1</b> Elias General	18.00-19.30 <b>level 1</b> Ralph Pilleri
	18.00-20.00 <b>level 4</b> Delilah King		15.30-17.00 <b>Senior class 55+</b> Ela Chauhan			
	20.00-21.30 <b>level 1</b> Maria Arias		18.00-19.30 <b>level 2</b> Donald Streeter			
	20.00-21.30* <b>prenatal*</b> Daniela Gfeller		18.00-20.00** <b>medical class**</b> Delilah King and assistants			

**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 (info@iyengaryogaamsterdam.com)