



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
09:30	Indoor Cycling (3)	07:15	Indoor Cycling (3)	10:00	Indoor Cycling (3)	11:15	Indoor Cycling (3)	09:30	Indoor Cycling (3)
10:45	BBB (1)	10:45	CORE buik&rug (1)	17:45	Indoor Cycling (3)	12:15	Indoor Cycling (3)	10:45	BBB (1)
12:15	Aquafit (4)	12:15	Pilates (2)	18:45	Indoor Cycling (3)	12:15	Aquasenior (4)	12:00	Aquafit+ (4)
17:45	Indoor Cycling (3)	12:15	Aquafit (4)	18:45	Pilates (2)	18:45	Indoor Cycling (3)	12:15	Pilates (2)
19:00	BBB (1)	12:15	Indoor Cycling (3)	19:00	BBB (1)	19:00	Kick Fun (2)	19:00	Indoor Cycling (3)
19:00	Indoor Cycling (3)	18:45	Indoor Cycling (3)	20:00	Zumba(2)	19:00	HIIT (1)	19:00	Yoga (2)
19:00	Bootcamp (2)	18:45	BBB (1)	20:00	Club Step (1)	19:45	Indoor Cycling (3)	19:30	Club Power (1)
20:00	Kick Fun (2)	19:45	Club Power (1)	20:00	Indoor Cycling (3)	20:00	Abdo/Booty (1)		
20:00	FIT&SHAPE(1)	19:45	Indoor Cycling (3)	21:00	Indoor Cycling (3)	20:00	Zumba (2)		TYPE LES
20:00	Indoor Cycling (3)	20:00	XCO-Shape (2)	21:00	Just Boxing (2)	21:00	Club Power (1)		Conditie
21:00	Indoor Cycling (3)	21:00	Just Boxing (2)	21:00	Club Yoga (1)	21:00	Indoor Cycling (3)		Body&mind
21:00	Yoga (2)	21:00	Zumba (1)						Mix
		21:00	Aquafit (4)						Aqua
		21:00	Indoor Cycling (3)						Kracht



ZATERDAG		ZONDAG	
10:00	BBB (1)	09:30	Cycling Team (5)
10:00	Kick Fun (2)	10:00	Club Power (1)
10:00	Indoor Cycling (3)	10:00	Indoor Cycling (3)
11:00	FIT&SHAPE(1)	10:00	Yoga (2)
11:00	Club Yoga (2)	11:00	Zumba (1)
11:15	Indoor Cycling (3)	11:15	Aquazumba (4)
		11:15	Just Boxing (2)
		11:15	Indoor Cycling (3)
		12:15	Zwangerschapzwe mmen (4)

PRAKTISCHE INFO

Tarieven
10-beurtenkaart: € 85,00
4 maanden geldig
Of groepslesabonnement

Reserveren
Via de app
Via de kiosk
Online www.sportoase.be
Per telefoon: 016 74 07 40

Waar gaat de les door?

- (1) Jupilerzaal
- (2) Zaal hoegaarden
- (3) Cyclingzaal
- (4) Zwembad
- (5) Buiten

Philipssite 6
3001 Leuven
Tel. 016 74 07 40
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