








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



ZATERDAG		ZONDAG	
10:00	BBB (1)	09:30	Cycling Team (5)
10:00	Indoor Cycling (3)	09:45	Indoor Cycling (3)
10:00	Kick Fun (2)	10:00	Club Power (1)
11:00	FIT&SHAPE(1)	10:00	Yoga (2)
11:00	Club Yoga (2)	11:00	RUNNING (5)
11:15	FTP Cycling (3)	11:00	Zumba (1)
		11:15	Aquazumba (4)
		11:15	Just Boxing (2)
		11:15	Indoor Cycling (3)
		12:15	Zw. zwemmen (4)

PRAKTISCHE INFO

Tarieven	10-beurtenkaart: € 75,00 4 maanden geldig Of groepslesabonnement
Reserveren	Via de kiosk Per telefoon: 016 74 07 40 Online www.sportoase.be
Waar gaat de les door?	(1) Jupilerzaal (2) Zaal Hoegaarden (3) Cyclingzaal (4) Zwembad (5) Buiten
Sportoase	Sportoase Philipssite Philipssite 6 3001 Leuven Tel. 016 74 07 40 info.philipssite@sportoase.be
Periode	Dit uurrooster is van toepassing : 16/09/2019 t.e.m. 31/05/2020