








| MAANDAG |                    | DINSDAG |                    | WOENSDAG |                          | DONDERDAG |                    | VRIJDAG |                    |
|---------|--------------------|---------|--------------------|----------|--------------------------|-----------|--------------------|---------|--------------------|
|         |                    |         |                    |          |                          | 11:15     | Senior Aquafit (3) |         |                    |
|         |                    |         |                    |          |                          |           |                    | 12:00   | Senior Aquafit (3) |
| 18:00   | Buik en Rug (1)    |         |                    | 18:00    | Just Move Into Shape (1) | 18:00     | Club Power (1)     |         |                    |
| 19:15   | Indoor Cycling (1) | 19:15   | Zumba (1)          | 19:00    | Aquafit (2)              | 19:00     | BBB (1)            |         |                    |
| 20:15   | Indoor Cycling (1) | 20:15   | Figuurtraining (1) | 19:00    | Pilates (1)              |           |                    |         |                    |
|         |                    |         |                    |          |                          | 20:00     | Yoga (1)           |         |                    |
|         |                    |         |                    |          |                          |           |                    |         |                    |

## TYPE LES

|   |             |
|---|-------------|
|  | Kracht      |
|  | Conditie    |
|  | Mix         |
|  | Body & Mind |
|  | Aqua        |



| ZATERDAG |                              | ZONDAG |         |
|----------|------------------------------|--------|---------|
| 11:00    | Zwangerschapswem<br>-men (3) | 11:00  | BBB (1) |

## PRAKTISCHE INFO

Tarieven 10-beurtenkaart: € 60,00  
4 maanden geldig

Reserveren [info.veldstraat@sportoase.be](mailto:info.veldstraat@sportoase.be)  
Per telefoon: 03/290.55.55  
Of aan de balie

Waar gaat de les door? (1) Groepslessenzaal  
(2) Sportbad  
(3) Instructiebad

Sportoase Sportoase Veldstraat  
Veldstraat 83  
2060 Antwerpen  
Tel. 03/290.55.55

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