

Groepslessenrooster vanaf 5 maart 2018

| | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|-------------|------------|-------------|-------------|---------------------|---------|----------|---------|
| 08u45-9u30 | | | Aquafit | | | | |
| 9u30-10u15 | | | | Aquaseniør | | | |
| 10u00-10u45 | | | | | | | Aquafit |
| 10u15-11u00 | Aquaseniør | Aquafit | | | | | |
| 11u15-12u00 | Aquaseniør | Aquajogging | | | | Aquafit | |
| | | | | | | | |
| 19u00-19u45 | | | | Zwangerschapswemmen | | | |
| 20u00-20u45 | | Aquazumba | Aquajogging | | | | |
| 20u15-21u00 | | | | Aquafit/jogging | | | |
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 Facebook.com/SportoaseDuinenwater
 Twitter: @Sportoase

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|---------|---------------|-----------------|------------|------------------------|-------------|
| Lestype | KRACHT | CONDITIE | MIX | BODY & MIND | AQUA |
|---------|---------------|-----------------|------------|------------------------|-------------|

Locatie Zwembad (Body & mind)
 Tarieven 75 euro voor 10 beurten (4 maanden geldig) of een groepslessenabonnement (zie tarievenfolder fitness).
 Reserveren & Annuleren Via de kiosk, via telefoon op het nummer 050/67 29 20 of online: www.sportoase.be