



| MAANDAG | | DINSDAG | | WOENSDAG | | DONDERDAG | | VRIJDAG | |
|---------|--------------------|---------|--------------------|----------|--------------------|-----------|--------------------|---------|----------------|
| 09:30 | BBB (1) | 11:00 | Pilates (1) | 09:30 | BBB (1) | 19:00 | Zumba (1) | 18:00 | Aquafit (3) |
| 10:45 | Start to BBB (1) | 12:00 | Aquafit (3) | 10:30 | Start to Gym (1) | 19:30 | Indoor Cycling (2) | 18:30 | Sugar Time (1) |
| 15:00 | Aquafit (3) | 18:00 | Vinyasa Yoga (1) | 19:00 | Fatburner (1) | 20:00 | Club Power (1) | | |
| 19:00 | Club Power (1) | 19:00 | Core/Stretch (1) | 20:00 | Zumba (1) | 21:15 | Aquabalance (3) | | |
| 20:00 | Indoor Cycling (2) | 20:00 | Club Power (1) | 20:00 | Aquafit (3) | | | | |
| 20:00 | BBB (1) | 20:00 | Indoor Cycling (2) | 20:30 | Indoor Cycling (2) | | | | |
| 20:15 | Aquafit (3) | 21:00 | Abdo/Booty (1) | 21:00 | Aqua HIIT (3) | | | | |
| 21:00 | Fatburner (1) | | | | | | | | |
| 21:15 | Aquabalance (3) | | | | | | | | |

| ZATERDAG | | ZONDAG | |
|----------|------------------|--------|--------------------|
| 9:00 | Hatha Yoga (1) | 09:30 | HIIT (1) |
| 09:30 | Aquafit (3) | 10:00 | Indoor Cycling (2) |
| 10:00 | Vinyasa Yoga (1) | 10:30 | Zumba (1) |
| 10:15 | Aquafit (3) | | |
| 11:15 | Total Body (1) | | |

TYPE LES

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



PRAKTISCHE INFO

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|------------------------|--|
| Tarieven | 10-beurtenkaart: € 85,00 4 maanden geldig Of groepslesabonnement |
| Reserveren | Via de kiosk Per telefoon: 033394970 Online www.sportoase.be |
| Waar gaat de les door? | (1) Groepslessenzaal (2) Cycling zaal (3) Zwembad (4) Buiten |
| Sportoase | Sportoase Groot Schijn Ruggeveldlaan 488 2100 Deurne Tel. 033394970 info.grootschijn@sportoase.be |
| Periode | Dit uurrooster is van toepassing vanaf 12/09/2022. |