

# Experience days

**ONTDEK,  
GENIET &  
BELEEF!**

**Zaterdag  
18 januari**

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**08u00** Rowing speed challenge

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**09u30** Demoles Multimove

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**10u00** Sporka Run 3-5 jaar

Sporka Run 6-8 jaar

Sporka Run 9-11 jaar

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**10u00** Demoles Power

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**11u00** Demoles Pilates

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**13u00** Rowing speed challenge

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**14u00** Waterspringkasteel

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**17u00** Demoles Youth fitness

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**Zondag  
19 januari**

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**09u00** Rowing speed challenge

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**09u30** Demoles Yoga

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**10u00** Demoles Indoor Cycling

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**11u00** Demoles Indoor Cycling

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**14u00** Cycling speed challenge

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**17u00** Demoles Youth fitness

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