



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
18:30	Hatha Yoga (1)	11:15	Aquafit (3)	9:00	Pilates (1)	8:30	Aquafit (3)	9:30	Power Yoga (1)
18:30	Indoor Cycling (2)	18:30	BBB (1)	10:00	Indoor Cycling (2)	18:00	Indoor Cycling (2)	10:30	Indoor Cycling (2)
19:30	FTP Cycling (2)	19:00	Indoor Cycling (2)	13:30	Youth Fitness (4)	18:30	Zumba (1)	18:00	Aquafit (3)
19:30	Zumba (1)	19:30	Total Body Workout (1)	18:30	Balance (1)	19:00	Indoor Cycling (2)	19:15	Total Body Workout (1)
20:30	Just Boxing (1)	20:00	Easy Cycling (2)	19:00	Indoor Cycling (2)	19:30	Total Body Workout (1)		
		20:00	SUP Yoga (3)	19:30	La Blast (1)	19:30	Aquafit (3)		
				20:00	Indoor Cycling (2)	20:00	Indoor Cycling (2)		
				20:00	Aquafit (3)				
				20:30	Club Power (1)				

## TYPE LES

Kracht
Mix
Conditie
Body & Mind
Aqua



ZATERDAG		ZONDAG	
9:30	BBB (1)	10:00	Hatha Yoga (1)
10:30	Vinyasa Yoga (1)	10:00	Indoor Cycling (2)
		11:00	Indoor Cycling (2)
		11:00	Yin Yoga (1)

## PRAKTISCHE INFO

Reserveren

Ter plaatse via de kiosk

Per telefoon:  
02/302.70.30

Online:  
[www.sportoase.be](http://www.sportoase.be)

### Waar gaan de lessen door?

- (1) Danszaal
- (2) Cycling zaal
- (3) Instructiebad
- (4) Fitness

### Locatie

Nederhem 35  
1500 Halle