

GROEPSLESSENROOSTER VANAF VRIJDAG 1 JUNI

| OGHTEND | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|---------------|-------------------|--------------------|--------------------------|----------------------|--------------------------|--------------|------------------|
| 9u30 - 10u30 | | | | | POWER YOGA 1 | CLUB POWER 1 | CLUB YOGA 1 |
| 10u00 - 11u00 | | BBB 1 | | | | | INDOOR CYCLING 2 |
| 10u30 - 11u30 | | | | | INDOOR CYCLING 2 | STEP/ BBB 1 | |
| 11u00 - 12u00 | | | | | | | INDOOR CYCLING 2 |
| 11u15 - 12u15 | | AQUAFIT 3 | | | | | AQUAZUMBA 3 |
| 13u00 - 14u00 | | | Youth fitness (12-15j) 4 | | | | |
| 14u00 - 15u00 | | | | | | | |
| 15u00 - 16u00 | | | | | | | |
| 16u00 - 17u00 | | | | | | | |
| AVOND | | | | | | | |
| 18u00 - 19u00 | | TOTAL BODY WORKOUT | | INDOOR CYCLING 2 | Youth fitness (12-15j) 4 | | |
| 18u30 - 19u30 | JUST BOXING 1 | EASY CYCLING 2 | | ZUMBA 1 | | | |
| 19u00 - 20u00 | | | JUST BOXING 1 | INDOOR CYCLING 2 | | | |
| 19u00 - 20u00 | | | INDOOR CYCLING 2 | | | | |
| 19u30 - 20u30 | INDOOR CYCLING 2 | INDOOR CYCLING 2 | | AQUAFIT 3 | | | |
| 19u30 - 20u30 | ZUMBA 1 | | | TOTAL BODY WORKOUT 1 | | | |
| 20u00 - 21u00 | | | INDOOR CYCLING 2 | INDOOR CYCLING 2 | | | |
| 20u00 - 21u00 | | | AQUAZUMBA 3 | | | | |
| 20u00 - 21u00 | | STEP/ BBB 1 | | | | | |
| 20u30 - 21u30 | YOGA met ZITBAL 1 | | CLUB POWER 1 | YIN YOGA 1 | | | |
| 20u30 - 21u30 | INDOOR CYCLING 2 | | | | | | |



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|------------------------|---|-----------------|-------------------|------------------------|-------------|
| Lestype | KRACHT | CONDITIE | MIX | BODY & MIND | AQUA |
| Locaties | 1 = Groepslesenzaal | 2 = Cyclingzaal | 3 = Instructiebad | 4 = Fitness | |
| 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 02/302 70 30 of online: www.sportoase.be | | | | |