

Groepslessenrooster vanaf 04/06/2018

| | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|---------------|--------------------|----------------------|--------------------|-------------------------|---------------|----------|------------------|
| 9u00 - 10u00 | Figuurtraining (3) | | | | Yogalates (3) | | |
| 9u30 - 10u30 | | | Indoor Cycling (2) | Pilates (3) | | | |
| 9u00 - 11u30 | | | | | | | |
| 10u00 - 11u00 | | | | | | | Easy Cycling (2) |
| 10u30- 11u15 | Aquafit (1) | | | | | | |
| 10u45 - 11u30 | | | | Aquaseniør (1) | | | |
| 16u00 - 17u00 | | | | | | | |
| 18u00 - 19u00 | | Youth Fitness (5) | | Youth Fitness (5) | | | |
| 18u30 - 19u30 | Zumba (3) | | | | | | |
| 18u45 - 19u30 | | Zwangerschapszwemmen | | Aquafit (1) | | | |
| 18u30 - 20u00 | Cycling Team (4) | | | | | | |
| 19u00 - 20u00 | | | Hatha Yoga (3) | | | | |
| 19u15 - 20u15 | | Just Boxing (3) | | | | | |
| 19u30 - 20u30 | Club Power (3) | Indoor Cycling (2) | | | | | |
| 19u30 - 20u30 | Indoor Cycling (2) | Aquafit (1) | | Indoor Cycling (2) | | | |
| 19u45 - 20u15 | | | | Buikspieren Workout (3) | | | |
| 20u00 - 21u00 | | | Indoor Cycling (2) | | | | |
| 20u30 - 21u15 | BBB (3) | | | | | | |



Sportoase Stede Akkers
 Katelijnestraat 31
 2320 Hoogstraten
 03/334 40 60

Lestype

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

Locatie

1 = Zwembad 2 = Cyclingzaal 3 = Groepslessenzaal 4 = Outdoor 5 = Fitness

Tarieven

75 euro voor 10 beurten (4 maanden geldig) of een groepslessenabonnement (zie tarievenfolder fitness).

Reserveren &
Annuleren

Via de kiosk of via telefoon op het nummer 03/334 40 60

www.sportoase.be
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 Twitter: @Sportoase