

Experience

**ONTDEK,
GENIET &
BELEEF!**

days

**Zaterdag
19 januari**

09u00 – JustBoxing
10u00

10u00 – BBB
11u00

10u15 – SGT Core strength
11u00

11u15 – Aquafit
12u15

12u00 – Sportoase lunch
13u30

13u30 – Aquabalance
14u00

14u15 – Aquafit
14u45

15u00 – Aquajogging
15u30

15u30 – SGT Functional fun
16u00

**Zondag
20 januari**

09u00 – Pilates + Yoga
10u00

10u00 – Club power + Aquafit
11u00

10u15 – SGT Core strength
11u00

11u15 – Cycling
12u15

12u00 – Sportoase lunch
13u30

13u30 – Aquabalance
14u00

14u15 – Aquafit
14u45

15u00 – AquaZumba
15u30

15u30 – SGT Sportspecifiek trainen
16u00
