



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG		ZATERDAG		ZONDAG	
09:00	Hatha Yoga	09:00	TBW	08:45	TBW	09:00	La Blast	09:00	Figuur Training	09:00	Just Boxing	10:00	Club Power
10:15	BBB	10:00	Fit Core	08:45	Aqua Fit	09:15	Aqua Senior	10:00	Pilates	10:00	BBB	10:00	Aqua Fit
10:15	Aqua Senior	10:15	Aqua Fit	10:00	Fatburner Core	10:15	Abdo BBB	11:15	Aquafit	10:15	FTP Cycling	11:00	Aqua Fit
11:15	Aqua Senior	18:45	Aqua Fit	14:00	Youth Fitness	19:00	Club Power	16:00	Youth Fitness	11:15	Aqua Fit	14:00	Youth fitness
19:00	Club Power	19:00	Bodyshape	19:00	Running team	20:00	Bootcamp Crossfit	19:00	Youth Fitness	14:00	Youth Fitness		
20:00	Pilates	20:00	Just Boxing	19:00	Bootcamp Power	20:15	FTP Cycling	19:00	Hatha Yoga				
20:15	FTP Cycling			20:00	Pilates								

Type les

<span style="background-color: red; width: 15px; height: 15px; display: inline-block;"></span> Kracht (1u)	<span style="background-color: orange; width: 15px; height: 15px; display: inline-block;"></span> Mix (1u)	<span style="background-color: lightblue; width: 15px; height: 15px; display: inline-block;"></span> Aqua (45 min)
<span style="background-color: green; width: 15px; height: 15px; display: inline-block;"></span> Conditie (1u)	<span style="background-color: yellow; width: 15px; height: 15px; display: inline-block;"></span> Body & Mind (1u)	

**Tarieven**  
 10-beurtenkaart: € 85,00  
 4 maanden geldig  
 of groepslesabonnement in combinatie met fitness of zwembad

**Sportoase Duinenwater**  
 Duinenwater 43  
 8300 Knokke-Heist  
 Tel. 050/67.29.20

**Reserveren**  
 info.duinenwater@sportoase.be  
 Via de kiosk of applicatie of <https://reserveer-online.sportoase.be/>  
 Per telefoon: 050 67 29 20

Dit uurrooster is van toepassing vanaf 16/11/2023



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG		ZATERDAG		ZONDAG	
09:00	Hatha Yoga	09:00	TBW	08:45	TBW	09:00	La Blast	09:00	Figuur Training	09:00	Just Boxing	10:00	Club Power
10:15	BBB	10:00	Fit Core	08:45	Aqua Fit	09:15	Aqua Senior	10:00	Pilates	10:00	BBB	10:00	Aqua Fit
10:15	Aqua Senior	10:15	Aqua Fit	10:00	Fatburner Core	10:15	Abdo BBB	11:15	Aquafit	10:15	FTP Cycling	11:00	Aqua Fit
11:15	Aqua Senior	18:45	Aqua Fit	14:00	Youth Fitness	19:00	Club Power	16:00	Youth Fitness	11:15	Aqua Fit	14:00	Youth fitness
19:00	Club Power	19:00	Bodyshape	19:00	Running team	20:00	Bootcamp Crossfit	19:00	Youth Fitness	14:00	Youth Fitness		
20:00	Pilates	20:00	Just Boxing	19:00	Bootcamp Power	20:15	FTP Cycling	19:00	Hatha Yoga				
20:15	FTP Cycling			20:00	Pilates								

Type les

<span style="background-color: red; width: 15px; height: 15px; display: inline-block;"></span> Kracht (1u)	<span style="background-color: orange; width: 15px; height: 15px; display: inline-block;"></span> Mix (1u)	<span style="background-color: lightblue; width: 15px; height: 15px; display: inline-block;"></span> Aqua (45 min)
<span style="background-color: green; width: 15px; height: 15px; display: inline-block;"></span> Conditie (1u)	<span style="background-color: yellow; width: 15px; height: 15px; display: inline-block;"></span> Body & Mind (1u)	

**Tarieven**  
 10-beurtenkaart: € 85,00  
 4 maanden geldig  
 of groepslesabonnement in combinatie met fitness of zwembad

**Sportoase Duinenwater**  
 Duinenwater 43  
 8300 Knokke-Heist  
 Tel. 050/67.29.20

**Reserveren**  
 info.duinenwater@sportoase.be  
 Via de kiosk of applicatie of <https://reserveer-online.sportoase.be/>  
 Per telefoon: 050 67 29 20

Dit uurrooster is van toepassing vanaf 16/11/2023