



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG		ZATERDAG		ZONDAG	
09:00	Yin Yang Yoga (1)	09:00	TBW (1)	08:45	Aqua Fit (3)	09:00	La Blast (1)	09:00	Figuur Training (1)	09:00	Just Boxing (1)	10:00	Club Power (1)
10:15	BBB (1)	10:15	Easyfit (1)	8:45	TBW (1)	09:30	Aqua Senior (3)	10:00	Pilates (1)	10:00	BBB (1)	10:00	Aqua Fit (3)
10:15	Aqua Senior (3)	10:15	Aqua Fit (3)	10:00	Cycling (2)	10:30	Fatburner (1)	19:00	Youth Fitness (5)	10:15	Cycling (2)	11:00	Aqua Fit (3)
11:15	Aqua Senior (3)	18:45	Aqua Fit (3)	14:00	Youth Fitness (5)	19:00	Club Power (1)	19:15	Hatha Yoga (1)	11:15	Aquafit (3)	14:00	Youth Fitness (5)
19:00	Club Power (1)	19:00	Step/BBB (1)	18:45	Aquafit (3)	20:15	Cycling (2)			14:00	Youth Fitness (5)		
20:00	Pilates (1)	20:00	Just Boxing (1)	19:00	Poppilates (1)								
20:15	Cycling (2)			20:15	Pilates (1)								

### Type les



Kracht (1u)

Conditie (1u)



Mix (1u)

Body & Mind (1u)



Aqua (45 min)

### Tarieven

10-beurtenkaart: € 85,00  
6 maanden geldig  
of groepslesabonnement

### Waar gaat de les door?

(1) Groepslessenzaal  
(2) Cycling zaal  
(3) Instructiebad  
(5) Fitness

### 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 07/02/2022