



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
09:30	BBB (1)	09:30	FIGUURTRAINING (1)	09:30	TOTAL BODY (1)	09:30	PILATES (1)	09:30	ZUMBA (1)
10:30	ZUMBA (1)	10:30	PILATES (1)	10:30	YOGALATES (1)	10:30	LA BLAST (1)	10:30	ABDO/BBB (1)
11:00	EASY CYCLING (2)	11:40	SENIORTIME (4+1)	18:00	BBB (1)	11:00	EASY CYCLING (2)	18:00	FATBURNING (1)
18:00	BBB (1)	18:00	ZUMBA (1)	19:00	BBB (1)	18:00	FATBURNING (1)	19:00	ZUMBA (1)
18:45	JUST MOVE INSANE (3)	18:45	FATBURNING (3)	19:00	INDOOR CYCLING (2)	19:00	HATHA YOGA (3)	19:00	INDOOR CYCLING (2)
19:00	BBB (1)	19:00	INDOOR CYCLING (2)	19:30	AQUABALANCE (4)	19:00	FTP CYCLING (2)	20:00	FIGUURTRAINING (1)
19:00	INDOOR CYCLING (2)	19:00	LA BLAST (1)	20:00	STEPAEROBIC (1)	19:00	FATBURNING (1)	21:00	FIGUURTRAINING (1)
20:00	PILATES (3)	20:00	ZUMBA (1)	20:00	PILATES (3)	20:00	ZWANGERSCHAPS-ZWEMMEN (4)		
20:00	CLUB POWER (1)	20:00	HATHA YOGA (3)	20:00	EASY CYCLING (2)	20:00	AQUAFIT (4)		
20:00	AQUAFIT (4)	20:00	INDOOR CYCLING (2)	21:00	FIGUURTRAINING (1)	20:00	CLUB POWER (1)		
20:00	INDOOR CYCLING (2)	21:00	JUST BOXING (1)			20:00	FTP CYCLING (2)		
21:00	FIGUURTRAINING (1)					21:00	FTP CYCLING (2)		

TYPE LES

- Kracht
- Conditie
- Mix
- Body & Mind
- Aqua



ZATERDAG		ZONDAG	
09:00	FIGUURTRAINING (1)	09:00	FTP CYCLING (2)
10:00	BBB (1)	09:00	RUNNING TEAM (5)
10:00	INDOOR CYCLING (2)	09:30	JUST MOVE INTO SHAPE (1)
11:00	ZUMBA (1)	10:00	FTP CYCLING (2)
		11:00	HATHA YOGA (1)
		11:00	AQUAZUMBA (4)
		12:00	AQUABALANCE (4)

PRAKTISCHE INFO

Tarieven	10-beurtenkaart: € 75,00 4 maanden geldig Of groepslesabonnement
Reserveren	Via de kiosk Per telefoon: 03 289 289 0 Online www.sportoase.be
Waar gaat de les door?	(1) Groepslessenzaal Sporthal (2) Cycling zaal (3) Groepslessenzaal Zwembad (4) Zwembad (5) Outdoor
Sportoase	Sportoase Elshout Zwembadweg 7 2930 Brasschaat Tel. 03 289 289 0 info.elshout@sportoase.be
Periode	Dit uurrooster is van toepassing vanaf 21/09/2019