

Experience days

**ONTDEK,
GENIET &
BELEEF!**

**Zaterdag
18 september**

08u00 Cycling speed challenge

09u30 Demoles Multimove

10u00 Sporka Run 3-5 jaar

Sporka Run 6-8 jaar

Sporka Run 9-11 jaar

10u00 Demoles Pilates

11u00 Demoles Power

13u00 Rowing speed challenge

17u00 Demoles Youth fitness

**Zondag
19 september**

09u00 Rowing speed challenge

10u30 Demoles Indoor Cycling

11u30 Demoles Abdo/BBB

14u00 Cycling speed challenge

17u00 Demoles Youth fitness
