



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
9:30	BBB	11:00	Pilates (1)	9:00	BBB	9:30	Hatha Yoga	12:30	Zumba Gold
10:45	Start to BBB	12:00	Aquafit (3)	10:00	Start to Gym	10:30	Core/Stretch	18:00	Aquafit
15:00	Aquafit	18:00	Vinyasa Yoga (1)	18:00	Abdo/Booty	18:00	BBB	18:30	Just Boxing
18:00	Stretch & Relaxation	19:00	Core/Stretch (1)	19:00	Fatburner	19:00	Zumba	20:00	Indoor Cycling
19:00	Club Power	20:00	Club Power (1)	20:00	Zumba	19:30	Indoor Cycling		
20:00	Indoor Cycling	20:00	Indoor Cycling (2)	20:25	Aquafit	20:00	Club Power		
20:00	BBB	21:00	Abdo/Booty (1)	21:10	Aqua HIIT	21:15	Aquabalance		
20:00	Aquafit								
21:00	Fatburner								
21:00	Aquabalance								

ZATERDAG		ZONDAG	
9:00	Vinyasa Flow Yoga	9:30	HIIT
9:30	Aquafit	10:00	Indoor Cycling
10:00	(Power) Pilates	10:30	Zumba
10:15	Aquafit	13:00	Just move into Shape
11:15	Total Body	14:00	BBB
14:00	Aqua Zumba		
15:00	Stretch & Relaxation		

TYPE LES	
<span style="color: red;">■</span>	Kracht
<span style="color: limegreen;">■</span>	Conditie
<span style="color: orange;">■</span>	Mix
<span style="color: yellow;">■</span>	Body & Mind
<span style="color: blue;">■</span>	Aqua

## PRAKTISCHE INFO

Tarieven

10-beurtenkaart €85,00

4 maanden geldig

Reserveren

Online via

[www.sportoase.be](http://www.sportoase.be)

Per telefoon: 03/339.49.70

Via de kiosk (ter plaatse)