



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
9:30	BBB	11:00	Pilates	9:00	BBB	9:30	Hatha Yoga	08:30	Vinyasa Yoga
10:45	Start to BBB	12:00	Aquafit	10:00	Start to Gym	10:30	Core & Stretch	09:30	Start to BBB
15:00	Aquafit	18:00	Vinyasa Yoga	18:00	Abdo/Booty	18:00	BBB	18:00	Club Power
18:00	Pilates	19:00	Core & Stretch	19:00	Fatburner	19:00	Zumba	18:00	Start to Box
19:00	Club Power	20:00	Indoor Cycling	19:30	Indoor Cycling	19:30	Indoor Cycling	19:00	Aquafit
20:00	Indoor Cycling	20:00	Club Power	20:00	Zumba	20:00	Club Power	19:00	Abdo/Booty
20:00	BBB	21:00	Abdo/Booty	20:25	Aquafit	20:30	Indoor Cycling		
20:00	Aquafit			21:10	Aqua HIIT	21:15	Aquabalance		
21:00	Fatburner								
21:00	Aquabalance								

ZATERDAG		ZONDAG	
9:00	Vinyasa flow Yoga	9:30	HIIT
9:30	Aquafit	10:30	Zumba
10:00	Power Pilates		
10:15	Aquafit		
11:15	Total Body		

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

## PRAKTISCHE INFO

Tarrieven

10-beurtenkaart €95

4 maanden geldig

Reserveren

- online via

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

- Per telefoon: 03 339 49 70

- via de kiosk (ter plaatse)