



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
18u30	Just Boxing (1)	11u15	Aquafit	9u30	Pilates (1)	9u30	Aquafit	9u30	Power Yoga (1)
19u30	Indoor Cycling (2)	18u30	BBB (1)	10u30	Indoor Cycling (2)	18u30	Zumba (1)	10u30	Indoor Cycling (2)
19u30	Zumba (1)	19u00	Indoor Cycling (2)	18u30	BBB (1)	18u30	Indoor Cycling (2)	18u30	Aquafit
20u30	Yin Yoga (1)	19u30	Total Body Workout (1)	18u30	Zwangerzwemmen	19u30	Total Body Workout (1)	18u30	Indoor Cycling (2)
20u30	FTP Cycling (2)	20u00	Indoor Cycling (2)	19u00	Indoor Cycling (2)	19u30	Aquafit	19u00	Zumba (1)
		20u00	Aquabalance	19u30	La Blast (1)	19u30	Indoor Cycling (2)	19u30	Indoor Cycling (2)
		20u30	Club Power (1)	20u00	Indoor Cycling (2)	20u30	Rugscholing (1)	20u00	Total Body Workout (1)
				20u00	Aquazumba	20u30	Indoor Cycling (2)		
				20u30	Club Power (1)				

TYPE LES

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



ZATERDAG		ZONDAG	
9u30	Zumba (1)	10u00	Hatha Yoga (1)
10u30	Step/BBB (1)	10u00	Indoor Cycling (2)
11u00	Indoor Cycling (2)	11u00	Indoor Cycling (2)
11u30	Club Power (1)	11u00	BBB (1)
12u30	BBB (1)	12u00	Club Power (1)

PRAKTISCHE INFO

Reserveren Of groepslesabonnement
Via de kiosk

Waar gaat de les door? Per telefoon: 02/302.70.30
Online www.sportoase.be

(1) Danszaal
(2) Cycling zaal
(5) Fitness

Sportoase Sportoase Hallebad
Nederhem 35
1500 Halle
Tel. 02/302.70.30

Periode info.hallebad@sportoase.be
Dit uurrooster is van toepassing
van 01/09/2020 tot 31/12/2020