



MAANDAG		DINSdag		WOENSdag		DONDERdag		vRIJDag	
09:30	Indoor Cycling (3)	07:15	Indoor Cycling (3)	09:00	Yoga (2)	11:15	EASY Cycling (3)	09:30	Indoor Cycling (3)
10:45	BBB (1)	10:45	buik&rug (2)	18:45	Indoor Cycling (3)	12:15	Indoor Cycling (3)	10:45	BBB (1)
12:15	Aquafit (4)	12:15	Pilates (2)	18:45	Pilates (2)	12:15	EASY Aqua (4)	12:00	Aquafit+ (4)
16:30	Running Team (5)	12:15	Aquafit (4)	18:45	Club FIT&SHAPE(1)	18:30	Indoor Cycling (3)	19:00	Yoga (2)
17:45	Indoor Cycling (3) FTP	12:15	Indoor Cycling (3)	19:45	Zumba(2)	19:00	Kick Fun (2)	19:30	Club Power (1)
18:45	BBB (1)	18:45	Indoor Cycling (3)	19:45	Step/BBB	19:00	Yoga (1)	TYPE LES	
19:00	Bootcamp (2)	18:45	BBB (1)	20:00	Indoor Cycling (3)	19:45	Indoor Cycling (3) FTP		
19:45	Club FIT&SHAPE(1)	19:00	Just Boxing (2)	21:00	Indoor Cycling (3) FTP	20:00	Abdo/Booty (1)		
20:00	Kick Fun (2)	19:45	Club Power (1)	21:00	Club Core (1)	20:00	Zumba (2)		
20:00	Indoor Cycling (3) FTP	19:45	Indoor Cycling (3)	21:00	Club Yoga (2)	21:00	Club Power (1)		Conditie
21:00	Indoor Cycling (3)	20:00	XCO-Shape (2)				21:00	Pilates (2)	Body&mind
21:00	Yoga (2)	21:00	Aquafit (4)						Mix
21:00	Club Power (1)	21:00	Yoga (2)						Aqua
									Kracht



ZATERDAG		ZONDAG	
10:00	BBB (1)	09:30	Cycling Team (5)
10:00	Kick Fun (2)	09:45	Club Power (1)
11:00	Club FIT&SHAPE(1)	09:45	Yoga (2)
11:00	Club Yoga (2)	11:00	Zumba (1)
11:15	Indoor Cycling (3)FTP	11:00	Indoor Cycling (3)
		11:15	Aquazumba (4)
		12:15	Zwangerschapzwe mmen (4)

PRAKTISCHE INFO

Tarieven

10-beurtenkaart: € 95,00

4 maanden geldig

Of groepslesabonnement

Reserveren

Via de app

Via de kiosk

Online www.sportoase.be

Per telefoon: 016 74 07 40

Waar gaat de les door?

- (1) Jupilerzaal
- (2) Zaal hoegaarden
- (3) Cyclingzaal
- (4) Zwembad
- (5) Buiten

Philipsite 6

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