






UURROOSTER GROEPSLESSEN VANAF 18 september 2023



| MAANDAG | | DINSDAG | | WOENSDAG | | DONDERDAG | | VRIJDAG | |
|---------|----------------|---------|----------------------------|----------|-------------|-----------|-----------------|---|-------------|
| 12:15 | Aquaseniør | 12:15 | Aquafit | 19:00 | Zumba | 11:00 | Easy Fit | 19:00 | Zumba |
| 14:00 | Easy Fit | 18:00 | Zwangerschaps - zwemmen | 19:15 | Aquajogging | 12:15 | Aquaseniør | | |
| 19:00 | Aquazumba | 19:00 | Zumba | 20:15 | Aqua Deep | 19:00 | Aquafit | | |
| 19:00 | Indoor Cycling | 20:15 | Aquafit + | 20:00 | BBB | 19:00 | Indoor Cycling | | |
| 20:00 | Club Power | 20:00 | Indoor Cycling | 21:00 | Yogalates | 20:00 | BBB | | |
| | | 21:00 | Flow Yoga | | | 21:00 | Club Power | | |
| | | | | | | | TYPE LES | | |
| | | | | | | | |  | Kracht |
| | | | | | | | |  | Conditie |
| | | | | | | | |  | Mix |
| | | | | | | | |  | Body & Mind |
| | | | | | | | |  | Aqua |

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| ZATERDAG | | ZONDAG | |
|----------|-------------|--------|----------------|
| 09:00 | BBB | 09:00 | Bootcamp |
| 10:00 | Fit & Shape | 10:00 | Club Power |
| 11:00 | Zumba | 11:15 | Indoor Cycling |
| | | | |
| | | | |
| | | | |

PRAKTISCHE INFO

Tarieven

10-beurtenkaart: € 85

4 maanden geldig

Of groepslesabonnement

Via de kiosk

Reserveren

Per telefoon: 016 89 29 90

Online www.sportoase.be

Waar gaat de les door?

(1) Groepslessenzaal

(2) Zwembad

(3) sporthal

(3) Sporthal

Sportoase

Sportoase Ter Heide

Vakenstraat 18

3110 Rotselaar

Tel. 016 89 29 90

info.terheide@sportoase.be

Periode

Dit uurrooster is van toepassing
vanaf 18/09/2023