



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
12:15	Aquaseniør (2)	12:15	Aquafit (2)	10:00	Flow Yoga (1)	12:15	Aquaseniør (2)	19:00	Zumba (1)
14:00	Easy Fit (1)	19:00	ZW. zwemmen (2)	19:00	Aquajogging (2)	14:00	Easy Fit (1)	20:00	La Blast (1)
19:00	Aquazumba (2)	19:00	Indoor Cycling (1)	19:00	Club Power (1)	19:00	Aquafit (2)		
19:00	Indoor Cycling (1)	20:00	Zumba (1)	20:00	BBB (1)	19:00	Indoor Cycling (1)		
20:00	Club Power (1)	20:15	Aquafit + (2)	21:00	Flow Yoga (1)	20:00	BBB (1)		
		21:00	Flow Yoga (1)			21:00	Club Power (1)		

## TYPE LES

<span style="background-color: red; width: 20px; height: 15px; display: inline-block;"></span>	Kracht
<span style="background-color: lightgreen; width: 20px; height: 15px; display: inline-block;"></span>	Conditie
<span style="background-color: orange; width: 20px; height: 15px; display: inline-block;"></span>	Mix
<span style="background-color: yellow; width: 20px; height: 15px; display: inline-block;"></span>	Body & Mind
<span style="background-color: blue; width: 20px; height: 15px; display: inline-block;"></span>	Aqua



ZATERDAG		ZONDAG	
10:00	Just Move Into Shape (1)	09:00	Zumba (1)
11:00	Zumba (1)	10:00	Club Power (1)
		11:00	Indoor Cycling (1)

## PRAKTISCHE INFO

Tarieven

10-beurtenkaart: € 75

4 maanden geldig

Of groepslesabonnement

Reserveren

Via de kiosk

Per telefoon: 016 89 29 90

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

Waar gaat de les door?

(1) Groepslessenzaal

(2) Zwembad

(3) Sporthal

Sportoase

Sportoase Ter Heide

Vakenstraat 18

3110 Rotselaar

Tel. 016 89 29 90

[info.terheide@sportoase.be](mailto:info.terheide@sportoase.be)

Periode

Dit uurrooster is van toepassing van 01/07/2020