



| MAANDAG |                | DINSDAG |         | WOENSDAG |                | DONDERDAG |                | VRIJDAG |               | ZONDAG |                |
|---------|----------------|---------|---------|----------|----------------|-----------|----------------|---------|---------------|--------|----------------|
| 09:30   | Pilates        | 19:00   | BBB     | 15:00    | Youth fitness  | 19:00     | Step/BBB       | 09:15   | Aquasenior    | 09:30  | Zumba          |
| 11:15   | Aquasenior     | 20:00   | Pilates | 19:00    | Just Boxing    | 20:00     | Pilates        | 12:30   | Aquafit       | 10:00  | Indoor Cycling |
| 19:00   | HIIT           |         |         | 19:30    | Indoor Cycling | 19:15     | Aquabalance    | 18:00   | Youth fitness | 10:30  | Yoga Hatha     |
| 19:15   | Aquabalance    |         |         | 20:00    | La Blast       | 20:00     | Indoor Cycling |         |               |        |                |
| 20:00   | Yoga           |         |         | 21:00    | Zumba          | 20:15     | Aquafit        |         |               |        |                |
| 20:00   | Indoor Cycling |         |         |          |                |           |                |         |               |        |                |
| 20:15   | Aquafit        |         |         |          |                |           |                |         |               |        |                |

## PRAKTISCHE INFO

Tarieven                    10-beurtenkaart: € 85,00  
                                      4 maanden geldig  
                                      Of groepslesabonnement

Reserveren                Via de kiosk  
                                      Per telefoon: 089/22.00.10  
                                      Online [www.sportoase.be](http://www.sportoase.be)

Sportoase                    Sportoase Montaignehof  
                                      Montaignehof 1

3620 Lanaken  
 Tel. 089/22.00.10

Periode                      [info.montaignehof@sportoase.be](mailto:info.montaignehof@sportoase.be)  
 Dit uurrooster is van toepassing vanaf 01/05/2022

## TYPE LES

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