






UURROOSTER GROEPSLESSEN

| MAANDAG | | DINSDAG | | WOENSDAG | | DONDERDAG | | VRIJDAG | |
|---------|----------------|---------|----------------|----------|----------------|-----------|----------------|---------|---------------|
| 10:00 | Easy Fit | 11:15 | Aqua Senior | 10:00 | BBB Mix | 10:00 | Fit-Balance | 10:00 | Pilates |
| 19:30 | Indoor Cycling | 19:00 | Zumba | 20:00 | Indoor Cycling | 19:30 | Power | 16:00 | Aquaseniør |
| 20:30 | Bootcamp | 19:30 | Indoor Cycling | 20:00 | Yoga | 19:30 | Indoor Cycling | 17:00 | Youth Fitness |
| | | 20:15 | Aquafit | | | 20:15 | Aquafit | 19:00 | Zumba |
| | | | | | | 20:30 | Pilates | | |

| ZATERDAG | | ZONDAG | |
|----------|---------------|--------|----------------|
| 10:00 | Power | 10:30 | Indoor cycling |
| 16:00 | Youth Fitness | | |

TYPE LES

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

Praktische info

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

Reserveren Via de kiosk
Per telefoon: 012 21 01 00
Online www.sportoase.be

Waar gaat de les door Sportoase Eburons Dome
Vrijheidweg 9 - 3700 Tongeren
Tel.: 012 21 01 00
Info.eburonsdome@sportoase.be

Periode Dit uurooster is van toepassing **vanaf 16/09/2024**