



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



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

PRAKTISCHE INFO

Tarieven	10-beurtenkaart: € 85,00 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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