



MAANDAG		DINSdag		WOENSDAG		DONDERDAG		VRIJDAG	
11:00	Easy HIIT (1)	09:00	Fitball Stability (1)	8:00	Aqua Pilates (4)	11:15	Easy Aquafit (4)	10:00	BBB (1)
13:30	Bootcamp (6)	17:00	Easy Aquafit (4)	10:00	Club Power (1)	18:00	Flexibility (2)	11:00	Flexibility (1)
18:00	Zumba (2)	18:00	BBB (1)	15:00	Youth Fitness (5)	18:00	Indoor Cycling (3)		
19:00	Aqua Zumba (4)	18:00	Indoor Cycling (3)	18:00	Indoor Cycling (3)	19:00	Pilates (1)		
19:00	Indoor Cycling (3)	18:30	Stepaerobic (2)	19:00	Aqua Zumba (4)	19:00	Zumba (2)		
20:00	Vinyasa Yoga (1)	19:30	Pilates (1)	20:30	Indoor Cycling (3)	19:15	Aquafit (4)		
		20:00	Indoor Cycling (3)			20:00	Aqua Pilates (4)		
						20:00	Tabata (1)		

Kracht

Conditie

Mix

Body & Mind

Aqua



ZATERDAG		ZONDAG	
08:30	Aquafit (4)	8:00	Indoor Cycling (3)
09:00	Just Box (2)	9:00	Yin Yoga (1)
09:30	Pilates (1)	10:00	Yogalates (1)
10:15	Indoor Cycling (3)	11:00	Aquafit (4)
10:30	Abdo/Booty (1)		
11:30	Club Power (1)		
12:30	Aquafit (4)		

Waar?

- (1) Danszaal
- (2) Spiegelzaal
- (3) Cyclingzaal
- (4) Instructiebad
- (5) Fitness
- (6) Buiten

Tarieven

10-beurtenkaart: €95,00
(4 maanden geldig)

Abonnement groepslessen

Reserveren

- Via de kiosk
- Online www.sportoase.be
- Per telefoon 09/ 310.24.00
- App

Sportoase Hoge Wal
Guldensporenlaan 34, Evergem
Tel. 09/310.24.00
info.hogewal@sportoase.be

Periode

Dit uurrooster is van toepassing
van 22/09/2025 tem 31/05/2025