



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
09:30	BBB (1)	09:30	FIGUURTRAINING (1)	09:30	TOTAL BODY (1)	10:00	STEP & BBB (1)	09:30	PILATES (3)
10:30	EASY CYCLING (2)	10:30	PILATES (1)	10:30	YOGALATES (1)	11:00	EASY CYCLING (2)	09:30	ZUMBA (1)
10:30	ZUMBA (1)	11:40	SENIORTIME (4+1)	19:15	AQUAGYM (4)	18:00	BOOTCAMP (1)	10:30	BBB (1)
11:00	YIN YOGA (3)	17:30	INDOOR CYCLING (2)	19:00	BBB (1)	19:00	YOGALATES (3)	19:00	ZUMBA (1)
18:00	FATBURNING (1)	18:00	FATBURNING (1)	19:00	INDOOR CYCLING (2)	19:00	SUGARTIME (1)	19:00	INDOOR CYCLING (2)
19:00	BBB (1)	19:00	FTP CYCLING (2)	20:00	EASY CYCLING (2)	19:00	FTP CYCLING (2)	20:00	FIGUURTRAINING (1)
19:00	INDOOR CYCLING (2)	19:00	ZUMBA (1)	20:00	PILATES (1)	20:00	FTP CYCLING (2)		
19:00	ZWANGERSCHAPS- ZWEMMEN (4)	19:00	HATHA YOGA (3)	21:00	FIGUURTRAINING (1)	20:00	AQUAFIT (4)		
19:00	PILATES (3)	20:00	PILATES (3)			20:00	LA BLAST (1)		
20:00	CLUB POWER (1)	20:00	FTP CYCLING (2)						
20:00	PILATES (3)	20:00	ZUMBA (1)						
20:00	AQUAFIT (4)	21:00	YIN YOGA (3)						
20:00	INDOOR CYCLING (2)								
21:00	FIGUURTRAINING (1)								

Kracht
Conditie
Mix
Body & Mind



ZATERDAG		ZONDAG	
09:00	FIGUURTRAINING (1)	09:00	JUST MOVE INSANE (1)
9:30	PILATES (3)	10:00	INDOOR CYCLING (2)
10:00	BBB (1)	10:00	JUST MOVE INTO SHAPE (1)
10:00	INDOOR CYCLING (2)	11:00	INDOOR CYCLING (2)
11:00	ZUMBA (1)	11:00	HATHA YOGA (1)

PRAKTISCHE INFO

TARIEVEN

10-beurtenkaart: €95,00
4 maanden geldig
Of groepslesabonnement

Reserveren

Via de kiosk
Online www.sportoase.be
Per telefoon 03 289 289 0

Waar gaat de les door?

- (1) Groepslessenzaal Sporthal
- (2) Cycling zaal
- (3) Groepslessenzaal Zwembad
- (4) Zwembad
- (5) Outdoor

Zwembadweg 7
2930 Brasschaat
Tel. 03 289 289 0
info.elshout@sportoase.be

Periode

Dit uurrooster is van toepassing van
1/1/2026 tem 30/06/2026