



| MAANDAG | | DINSDAG | | WOENSDAG | | DONDERDAG | | VRIJDAG | | ZATERDAG | | ZONDAG | |
|---------|----------------|---------|-------------|----------|----------------|-----------|-----------------|---------|-----------------|----------|---------------|--------|---------------|
| 09:00 | Hatha Yoga | 09:00 | TBW | 08:45 | TBW | 09:00 | La Blast | 09:00 | Figuur Training | 09:00 | Just Boxing | 10:00 | Club Power |
| 10:15 | BBB | 10:00 | Fit Core | 08:45 | Aqua Fit | 09:15 | Aqua Senior | 10:00 | Pilates | 10:00 | BBB | 10:00 | Aqua Fit |
| 10:15 | Aqua Senior | 10:15 | Aqua Fit | 14:00 | Youth Fitness | 10:15 | Abdo BBB | 11:15 | Aquafit | 10:15 | FTP Cycling | 11:00 | Aqua Fit |
| 11:15 | Aqua Senior | 18:45 | Aqua Fit | 19:00 | Bootcamp Power | 19:00 | Indoor Cycling | 16:00 | Youth Fitness | 11:15 | Aqua Fit | 14:00 | Youth fitness |
| 19:00 | Club Power | 19:00 | Bodyshape | 20:00 | Pilates | 19:00 | BBB | 19:00 | Youth Fitness | 14:00 | Youth Fitness | | |
| 20:00 | Pilates | 20:00 | Just Boxing | | | 20:00 | Fatburner - Abs | 19:00 | Hatha Yoga | | | | |
| 20:15 | Indoor Cycling | | | | | | | | | | | | |

Type les



Kracht (1u)
Conditie (1u)



Mix (1u)
Body & Mind (1u)



Aqua (45 min)

Tarieven

10-beurtenkaart: € 85,00
4 maanden geldig
of groepslesabonnement in combinatie met fitness of zwembad

Reserveren

Info.duinenwater@sportoase.be
Via de kiosk of applicatie of <https://reserveer-online.sportoase.be/>
Per telefoon: 050 67 29 20

Sportoase Duinenwater

Duinenwater 43
8300 Knokke-Heist
Tel. 050/67.29.20

Dit uurrooster is van toepassing vanaf 01/01/2024