



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
09:00	Ying Yang Yoga (1)	09:00	TotalBodyWorkout (1)	08:45	AquaFit (3)	09:00	LaBlast (1)	09:00	Figuurtraining (1)
10:15	BBB (1)	10:15	AquaFit (3)	08:45	TotalBodyWorkout (1)	09:30	Aquasenior (3)	10:00	Pilates (1)
10:15	AquaSenior (3)	10:15	PopPilates (1)	10:00	Cycling (2)	10:15	Fatburner (1)	19:00	YouthFitness (5)
11:15	AquaSenior (3)	19:00	AdboWorkout (1)	10:00	Easyfit (1)	19:00	ClubPower (1)	19:15	HotYoga (3)
19:00	ClubPower (2)	19:00	Running Team (4)	14:00	YouthFitness (5)	19:00	AquaFit (3)		
19:00	AquaBalance (3)	19:00	AquaPilates (3)	19:00	Fatburner (1)	20:00	Zumba		
20:00	Pilates (1)	20:00	JustBoxing (1)	20:00	AquaJogging (3)	20:15	Cycling (2)		
20:15	Cycling (2)	20:00	AquaZumba (3)	20:15	Pilates (1)				

## TYPE LES

- Kracht (1u)
- Conditie (1u)
- Mix (1u)
- Body & Mind (1u)
- Aqua (45 min)



ZATERDAG		ZONDAG	
09:00	JustBoxing (1)	10:00	ClubPower (1)
10:00	BBB (1)	10:00	AquaFit (3)
11:15	AquaFit (3)	11:15	Cycling (2)
14:00	YouthFitness (5)	14:00	YouthFitness (5)

### PRAKTISCHE INFO

Tarieven  
 10-beurtenkaart: € 75,00  
 4 maanden geldig  
 Of groepslesabonnement

Reserveren  
 Via de kiosk  
 Per telefoon: 050672920  
 Online [www.sportoase.be](http://www.sportoase.be)

Waar gaat de les door?  
 (1) Groepslessenzaal  
 (2) Cycling zaal  
 (3) Zwembad  
 (4) Buiten  
 (5) Fitness

Sportoase  
 Sportoase Duinenwater  
 Duinenwater 43  
 8300 Knokke  
 Tel. 050 67 29 20  
[Info.duinenwater@sportoase.be](mailto:Info.duinenwater@sportoase.be)

Periode  
 Dit uurrooster is van toepassing  
 Van 14/10/2019 t.e.m.



# UURROOSTER GROEPSLESSEN

