



MAANDAG		DINSdag		WOENSDAG		DONDERDAG		VRIJDAG	
09:00	Ying Yang Yoga (1)	09:00	TotalBodyWorkout (1)	08:45	AquaFit (3)	09:00	Stepmix (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)

[illegible]

PRAKTISCHE INFO

Tarieven

10-beurtenkaart: € 75,00

4 maanden geldig

Of groepslesabbonnement

Reserveren

Via de kiosk

Per telefoon: 050672920

Online 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

Periode

Dit uurrooster is van toepassing

Van 15/09/2019 t.e.m.

