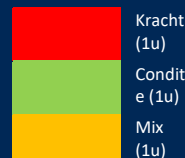


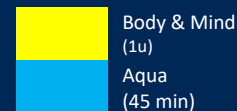


MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG		ZATERDAG		ZONDAG	
09:00	Yin Yang Yoga (1)	09:00	Total Body Workout (1)	08:45	Aqua Fit (3)	09:00	La Blast (1)	09:00	Figuur Training (1)	09:00	Just Boxing (1)	10:00	Club Power (1)
10:15	BBB (1)	10:15	Aqua Fit (3)	9:00	Total Body Workout (1)	09:30	Aqua Senior (3)	10:00	Pilates (1)	10:00	BBB (1)	10:00	AquaFit (3)
10:15	Aqua Senior (3)	18:45	AquaFit (3)	10:15	Cycling (2)	10:30	Fatburner (1)	19:15	Hot Yoga (3)	11:15	AquaFit (3)	14:00	Youth fitness
11:15	Aqua Senior (3)	19:00	Step/BBB (1)	10:00	Easyfit (1)	19:00	Club Power (1)	19:00	Youth Fitness (5)	14:00	Youth Fitness (5)		
19:00	Club Power (1)	19u30	AquaZumba (3)	14:00	Youth Fitness (5)	20:15	Cycling (2)						
19:00	AquaBalance (3)			19:00	Fatburner (1)								
20:00	Pilates (1)			20:00	Zwangerschaps zwemmen (3)								
20:15	Cycling (2)			20:15	Pilates (1)								

TYPE LES



Kracht (1u)
Conditie (1u)
Mix (1u)



Body & Mind (1u)
Aqua (45 min)

Tarieven

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

Waar gaat de les door?

(1) Groepslessenzaal
(2) Cycling zaal
(3) Instructiebad

Reserveren

info.duinenwater@sportoase.be

Via de kiosk of applicatie of via <https://reserveer-online.sportoase.be/>

Per telefoon: 050/67.29.20

(5)Fitness

Sportoase Duinenwater

Duinenwater 43
8300 Knokke-Heist
Tel. 050/67.29.20

Dit uurrooster is van toepassing vanaf 14/09/2020

