



| 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 | 10:30 | Aqua Fit |
| 10:15 | Aqua Senior | 10:15 | Aqua Fit | 14:00 | Youth Fitness | 10:15 | Abdo BBB | 11:15 | Aquafit | 10:15 | Indoor Cycling | 14:00 | Youth fitness |
| 11:15 | Aqua Senior | 18:45 | Aqua Fit | 19:00 | Bootcamp Power | 19:00 | Indoor Cycling | 19:00 | Youth Fitness | 11:15 | Aqua Fit | | |
| 19:00 | Club Power | 19:00 | Bodyshape | 20:00 | Pilates | 19:00 | BBB | 19:00 | Hatha Yoga | 14:00 | Youth Fitness | | |
| 19:00 | Indoor Cycling | | | | | 20:00 | Fatburner | | | | | | |
| 20:00 | Pilates | | | | | | | | | | | | |
| 20:15 | Indoor Cycling | | | | | | | | | | | | |

Type les



Kracht (1u)

Conditie (1u)



Mix (1u)

Body & Mind (1u)



Aqua (45 min)

Tarieven

10-beurtenkaart: € 95,00

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

Dit uurrooster is van toepassing vanaf 16/09/2024

Sportoase Duinenwater

Duinenwater 43

8300 Knokke-Heist

Tel. 050/67.29.20