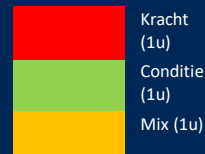




MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG		ZATERDAG		ZONDAG	
09:00	Yin Yang Yoga (1)	09:00	Total Body Workout (1)	08:45	Aqua Fit (3)	09:00	La Blast (1)	09:00	Figuur Training (1)	09:00	JustBoxing (1)	09:00	Elevate yoga (1)
10:15	BBB (1)	10:15	Easyfit (1)	8:45	Total Body Workout (1)	09:30	Aqua Senior (3)	10:00	Pilates (1)	10:00	BBB (1)	10:00	Club Power (1)
10:15	Aqua Senior (3)	10:15	Aqua Fit (3)	10:00	Cycling (2)	10:30	Fatburner (1)	19:00	Youth Fitness (5)	11:15	Aqua Fit (3)	10:00	Aqua Fit (3)
11:15	Aqua Senior (3)	18:45	Aqua Fit (3)	14:00	Youth Fitness (5)	19:00	Club Power (1)	19:15	Hatha Yoga (1)	14:00	Youth Fitness (5)	14:00	Youth Fitness (5)
19:00	Club Power (1)	19:00	Step/BBB (1)	20:15	Pilates (1)	20:15	Cycling (2)						
20:00	Pilates (1)	20:00	JustBoxing (1)										
20:15	Cycling (2)												

TYPE LES



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



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

Tarieven

10-beurtenkaart: € 85,00
6 maanden geldig
of groepslesabonnement

Reserveren

info.duinenwater@sportoase.be

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

Per telefoon: 050/67.29.20

Waar gaat de les door?

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

(5) Fitness

Sportoase Duinenwater

Duinenwater 43
8300 Knokke-Heist
Tel. 050/67.29.20

Dit uurrooster is van toepassing vanaf 20/09/2021



UURROOSTER GROEPSLESSEN

