



| MAANDAG | | DINSDAG | | WOENSDAG | | DONDERDAG | | VRIJDAG | |
|---------|------------------|---------|------------------|----------|-------------------------------|-----------|------------------|---------|-------------|
| 10u45 | BBB (1) | 10u00 | Pilates | 10u45 | BBB (1) | 10u00 | Pilates (1) | 10u00 | Cycling (2) |
| 12u00 | Aqua Senior (3) | 18u45 | BBB (1) | 12u15 | Aqua Senior (3) | 11u30 | Aqua Fit (3) | 18u30 | Zumba (1) |
| 18u30 | Pilates (1) | 19u30 | Aqua Balance (3) | 18u30 | Just Boxing (1) | 18u45 | LaBlast (1) | 19u30 | Zumba (1) |
| 19u30 | Club Power (1) | 19u45 | Zumba (1) | 18u45 | Zwangerschaps- zwemmen (3) | 19u15 | Cycling (2) | | |
| 19u45 | Aqua Fit (3) | 20u00 | Cycling (2) | 19u00 | Cycling (2) | 19u45 | Aqua Jogging (3) | | |
| 20u30 | Hatha Yoga (1) | 20u45 | Fit & Shape (1) | 19u30 | Club Power (1) | 19u45 | Just Boxing (1) | | |
| 20u45 | Aqua Balance (3) | | | 20u15 | FTP Cycling (1) | 20u45 | Aqua Fit (3) | | |
| | | | | 20u30 | Yin Yoga (1) | 20u45 | BBB (1) | | |
| | | | | 20u45 | Aqua Balance (3) | | | | |

TYPE LES

| | |
|--|-------------|
| | Kracht |
| | Conditie |
| | Mix |
| | Body & Mind |
| | Aqua |



| ZATERDAG | | ZONDAG | |
|----------|------------------|--------|------------------|
| 10u00 | Club Dance (1) | 09u30 | Running Team (4) |
| 11u00 | Vinyasa Yoga (1) | 10u00 | Bootcamp (1) |
| | | 10u00 | Cycling (1) |
| | | 11u00 | Club Power (1) |
| | | 11u15 | Aqua Balance (3) |

PRAKTISCHE INFO

| | |
|------------------------|--|
| Tarieven | 10-beurtenkaart: € 75,00 4 maanden geldig Of groepslesabonnement |
| Reserveren | Via de kiosk Per telefoon: 052/57.20.00 Online www.sportoase.be |
| Waar gaat de les door? | (1) Danszaal (2) Cycling zaal (3) Zwembad (4) Buiten (5) Fitness |
| Sportoase | Sportoase De Lijster Lijsterstraat 01 1840 Londerzeel Tel. 052/57.20.00 info.delijster@sportoase.be |
| Periode | Dit uurrooster is van toepassing van 20/01/2020 t.e.m. mei 2020 |



UURROOSTER GROEPSLESSEN

