



MAANDAG		DINSdag		WOENSDAG		DONDERDAG		VRIJDAG	
09:30	BBB (1)	09:30	FIGUURTRAINING (1)	09:30	TOTAL BODY (1)	09:30	PILATES (1)	09:30	ZUMBA (1)
10:30	ZUMBA (1)	10:30	PILATES (1)	10:30	YOGALATES (1)	10:30	LA BLAST (1)	10:30	ABDO/BBB (1)
11:00	EASY CYCLING (2)	11:40	SENIORTIME (4+1)	18:00	BBB (1)	11:00	EASY CYCLING (2)	18:00	FATBURNING (1)
18:00	BBB (1)	18:00	FATBURNING (1)	19:00	BBB (1)	18:00	FATBURNING (1)	19:00	ZUMBA (1)
19:00	BBB (1)	19:00	ABDO/BBB (3)	19:00	INDOOR CYCLING (2)	19:00	HATHA YOGA (3)	19:00	INDOOR CYCLING (2)
19:00	INDOOR CYCLING (2)	19:00	INDOOR CYCLING (2)	20:00	FATBURNING (1)	19:00	FTP CYCLING (2)	20:00	FIGUURTRAINING (1)
20:00	PILATES (3)	19:00	ZUMBA (1)	20:00	PILATES (3)	19:00	FATBURNING (1)	21:00	FIGUURTRAINING (1)
20:00	CLUB POWER (1)	20:00	ZUMBA (1)	20:00	EASY CYCLING (2)	20:00	AQUAFIT (4)	TYPE LES Kracht Conditie Mix Body & Mind Aqua	
20:00	AQUAFIT (4)	20:00	HATHA YOGA (3)	21:00	FIGUURTRAINING (1)	20:00	CLUB POWER (1)		
20:00	INDOOR CYCLING (2)	20:00	INDOOR CYCLING (2)			20:00	FTP CYCLING (2)		
21:00	FIGUURTRAINING (1)	21:00	INDOOR CYCLING (2)			21:00	FTP CYCLING (2)		
21:00	INDOOR CYCLING (2)	21:00	JUST BOXING (1)			21:00	ZUMBA (1)		



ZATERDAG		ZONDAG	
09:00	FIGUURTRAINING (1)	09:00	FTP CYCLING (2)
10:00	BBB (1)	09:30	JUST MOVE INTO SHAPE (1)
10:00	INDOOR CYCLING (2)	10:00	FTP CYCLING (2)
11:00	FATBURNING (1)	11:00	FTP CYCLING (2)
		11:00	HATHA YOGA (1)

PRAKTISCHE INFO

Tarieven

10-beurtenkaart: € 75,00

4 maanden geldig

Of groepslesabonnement

Reserveren

Via de kiosk

Per telefoon: 03 289 289 0

Online www.sportoase.be

Waar gaat de les door?

(1) Groepslessenzaal Sporthal

(2) Cycling zaal

(3) Groepslessenzaal Zwembad

(4) Zwembad

(5) Outdoor

Sportoase

Sportoase Elshout

Zwembadweg 7

2930 Brasschaat

Tel. 03 289 289 0

info.elshout@sportoase.be

Periode

Dit uurrooster is van toepassing vanaf 02/08/2021