

# UURROOSTER GROEPSLESSEN

| MAANDAG |          | DINSDAG |                | WOENSDAG |         | DONDERDAG |                | VRIJDAG |               |
|---------|----------|---------|----------------|----------|---------|-----------|----------------|---------|---------------|
| 10:00   | Easy Fit | 11:15   | Aqua Senior    | 10:00    | BBB Mix | 19:30     | Power          | 10:00   | Pilates       |
| 20:30   | Bootcamp | 19:00   | Zumba          | 20:00    | Yoga    | 20:00     | Indoor Cycling | 16:00   | Aquasenior    |
|         |          | 19:30   | Indoor Cycling |          |         | 20:15     | Aquafit        | 17:00   | Youth Fitness |
|         |          | 20:15   | Aquafit        |          |         | 20:30     | Pilates        |         |               |

| ZATERDAG |               | ZONDAG |                |
|----------|---------------|--------|----------------|
| 10:00    | Power         | 10:30  | Indoor cycling |
| 16:00    | Youth Fitness |        |                |

## TYPE LES

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

## Praktische info

Tarieven 10-beurtenkaart: €85,00  
4 maanden geldig  
Of groepslesabonnement

Reserveren Via de kiosk  
Per telefoon: 012 21 01 00  
Online [www.sportoase.be](http://www.sportoase.be)

Waar gaat de les door Sportoase Eburons Dome  
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[Info.eburonsdome@sportoase.be](mailto:Info.eburonsdome@sportoase.be)

Periode Dit uurooster is van toepassing **vanaf 03/06/2024**