



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
9:30	BBB	11:00	Pilates	9:00	BBB	9:30	Hatha Yoga	12:30	Zumba Gold
10:45	Start to BBB	12:00	Aquafit	10:00	Start to Gym	10:30	Core/Stretch	18:00	Aquafit
15:00	Aquafit	18:00	Vinyasa Yoga	18:00	Abdo/Booty	18:00	BBB	19:00	Just Boxing
18:00	Stretch & Relaxation	19:00	Core & Stretch	19:00	Fatburner	19:00	Zumba	19:00	Club Power
19:00	Club Power	20:00	Indoor Cycling	19:30	Indoor Cycling	19:30	Indoor Cycling	20:00	Abdo/Booty
20:00	Indoor Cycling	20:00	Club Power	20:00	Zumba	20:00	Club Power		
20:00	BBB	21:00	Abdo/Booty	20:25	Aquafit	21:15	Aquabalance		
20:00	Aquafit			21:10	Aqua HIIT				
21:00	Fatburner								
21:00	Aquabalance								

ZATERDAG		ZONDAG	
9:00	Vinyasa Flow Yoga	9:30	HIIT
9:30	Aquafit	10:30	Zumba
10:00	Power Pilates		
10:15	Aquafit		
11:15	Total Body		
13:00	Start to BBB		

TYPE LES	
<span style="color: red;">■</span>	Kracht
<span style="color: green;">■</span>	Conditie
<span style="color: orange;">■</span>	Mix
<span style="color: yellow;">■</span>	Body & Mind
<span style="color: blue;">■</span>	Aqua

## PRAKTISCHE INFO

Tarieven

10-beurtenkaart €85,00

4 maanden geldig

Reserveren

Online via

[www.sportoase.be](http://www.sportoase.be)

Per telefoon: 03/339.49.70

Via de kiosk (ter plaatse)