








| MAANDAG | | DINSDAG | | WOENSDAG | | DONDERDAG | | VRIJDAG | |
|---------|----------------------|---------|----------------|----------|----------------|-----------|----------------|---------|--------------|
| 9:30 | BBB | 11:00 | Pilates | 9:00 | BBB | 9:30 | Hatha Yoga | 08:30 | Vinyasa Yoga |
| 10:45 | Start to BBB | 12:00 | Aquafit | 10:00 | Start to Gym | 10:30 | Core & Stretch | 09:30 | Start to BBB |
| 15:00 | Aquafit | 18:00 | Vinyasa Yoga | 18:00 | Abdo/Booty | 18:00 | BBB | 19:00 | Aquafit |
| 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 | | |

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

PRAKTISCHE INFO

Tarieven

10-beurtenkaart €85,00

4 maanden geldig

Reserveren

Online via

www.sportoase.be

Per telefoon: 03/339.49.70

Via de kiosk (ter plaatse)