






MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
09:30	Indoor Cycling (3)	10:45	CORE buik&rug (1)	09:30	Yoga (2)	11:15	Easy Cycling (3)	09:30	Indoor Cycling (3)
10:45	BBB (1)	12:15	Indoor Cycling (3)	10:00	Indoor Cycling (3)	12:15	Indoor Cycling (3)	10:00	Yogasenior (2)
12:15	Aquafit (4)	12:15	Aquafit (4)	18:45	Pilates (2)	12:15	Aquasenior (4)	10:45	BBB (1)
17:45	Indoor Cycling (3)	12:15	Pilates (2)	18:45	Indoor Cycling (3)	18:45	Indoor Cycling (3)	12:00	Aquafit + (4)
19:00	Indoor Cycling (3)	18:45	BBB (1)	19:00	BBB (1)	19:00	Kick Fun (2)	12:15	Pilates (2)
19:00	BBB (1)	18:45	Indoor Cycling (3)	20:00	Zumba(2)	19:00	Insane (1)	19:00	Indoor Cycling (3)
19:00	Kick Fun (2)	19:45	Club Power (1)	20:00	Club Step (1)	19:45	Indoor Cycling (3)	19:00	Club Power (1)
20:00	Indoor Cycling (3)	19:45	Indoor Cycling (3)	20:00	Indoor Cycling (3)	20:00	Step BBB (1)		
20:00	Kick Fun (2)	20:00	XCO-Shape (2)	21:00	Indoor Cycling (3)	20:00	Zumba (2)		
20:00	FIT&SHAPE(1)	20:00	Just Boxing (2)	21:00	Just Boxing (2)	21:00	Club Power (1)	TV	
21:00	Indoor Cycling (3)	21:00	Indoor Cycling (3)	21:00	Club Yoga (1)	21:00	Pilates (2)		Kracht
21:00	Yoga (2)	21:00	Aquafit (4)			21:00	Indoor Cycling (3)		 Conditie
21:00	La Blast (1)	21:00	Zumba (1)						 Mix
									 Body&mind



ZATERDAG		ZONDAG	
10:00	BBB (1)	09:30	Cycling Team (5)
10:00	Indoor Cycling (3)	10:00	Indoor Cycling (3)
10:00	Kick Fun (2)	10:00	Club Power (1)
11:00	FIT&SHAPE(1)	10:00	Yoga (2)
11:00	Club Yoga (2)	11:00	Zumba (1)
11:15	Indoor Cycling (3)	11:15	Aquazumba (4)
		11:15	Just Boxing (2)
		11:15	Indoor Cycling (3)
		12:15	Zw. zwemmen (4)

PRAKTISCHE INFO

Tarieven
10-beurtenkaart: € 75,00
4 maanden geldig
Of groepslesabonnement

Reserveren
Via de kiosk
Per telefoon: 016 74 07 40
Online www.sportoase.be

Waar gaat de les door?
(1) Jupilerzaal
(2) Zaal Hoegaarden
(3) Cyclingzaal
(4) Zwembad
(5) Buiten

Sportoase
Sportoase Philipssite
Philipssite 6
3001 Leuven
Tel. 016 74 07 40
info.philipssite@sportoase.be

Periode
Dit uurrooster is van toepassing :
14/09/2020 t.e.m. 30/05/2021



UURROOSTER GROEPSLESSEN

