



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
09:30	Indoor Cycling (3)	07:15	Indoor Cycling (3)	09:30	Yoga (2)	11:15	Indoor Cycling (3)	09:30	Indoor Cycling (3)
10:45	BBB (1)	10:45	Buik&Rug (1)	10:00	Indoor Cycling (3)	12:15	Indoor Cycling (3)	10:45	BBB (1)
12:15	Aquafit (4)	12:15	Pilates (1)	17:45	Indoor Cycling (3)	12:15	Aquasenior (4)	12:00	Aquafit+ (4)
17:45	Indoor Cycling (3) FTP	12:15	Aquafit (4)	18:45	Pilates (2)	18:30	Indoor Cycling (3)	19:00	Indoor Cycling (3)
19:00	BBB (1)	12:15	Indoor Cycling (3)	19:00	Indoor Cycling (3)	19:00	Kick Fun (2)	19:00	Yoga (2)
19:00	Indoor Cycling (3)	18:45	Indoor Cycling (3)	19:00	Club Fit&Shape (1)	19:00	Yoga (1)	19:30	Club Power (1)
19:00	Bootcamp (2)	18:45	BBB (1)	20:00	Zumba(2)	19:45	Indoor Cycling (3) FTP	TYPE LES Conditie Body&mind Mix Aqua Kracht	
20:00	Kick Fun (2)	19:00	Just Boxing (2)	20:00	Step/BBB (1)	20:00	Abdo/Booty (1)		
20:00	Club Fit&Shape (1)	19:45	Club Power (1)	20:00	Indoor Cycling (3)	20:00	Zumba (2)		
20:00	Indoor Cycling (3) FTP	19:45	Indoor Cycling (3)	21:00	Indoor Cycling (3) FTP	21:00	Club Power (1)		
21:00	Indoor Cycling (3)	20:00	XCO-Shape (2)	21:00	Bootcamp (2)	21:00	Indoor Cycling (3) FTP		
21:00	Yoga (2)	21:00	Zumba (1)						
		21:00	Aquafit (4)						
		21:00	Indoor Cycling (3)						
		21:00	Yoga (2)						



ZATERDAG		ZONDAG	
10:00	BBB (1)	09:30	Cycling Team (5)
10:00	Kick Fun (2)	09:45	Club Power (1)
10:00	Indoor Cycling (3)	10:00	Indoor Cycling (3)
11:00	Club Fit&Shape (1)	10:00	Yoga (2)
11:00	Club Yoga (2)	11:00	Zumba (1)
11:15	Indoor Cycling (3)FTP	11:00	Indoor Cycling (3)
		11:15	Just Boxing (2)
		11:15	Aquazumba (4)
		12:15	Zwangerschap zwemmen (4)

PRAKTISCHE INFO

Tarieven	10-beurtenkaart: € 85,00 4 maanden geldig Of groepslesabonnement
Reserveren	Via de app Via de kiosk Online www.sportoase.be Per telefoon: 016 74 07 40
Waar gaat de les door?	(1) Jupilerzaal (2) Zaal hoegaarden (3) Cyclingzaal (4) Zwembad (5) Buiten
	Philipsite 6 3001 Leuven Tel. 016 74 07 40



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