



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
10:45	BBB (1)	10:45	CORE buik&rug (1)	09:30	Yoga (2)	12:15	Indoor Cycling (3)	09:30	Indoor Cycling (3)
12:15	Aquafit	12:15	Aquafit	10:00	Indoor Cycling (3)	12:15	Aquaseniør	10:45	BBB (1)
19:00	Indoor Cycling (3)	12:15	Indoor Cycling (3)	18:45	Pilates (2)	19:00	Kick Fun (2)	12:00	Aquafit+
19:00	BBB (1)	12:15	Pilates (2)	18:45	Indoor Cycling (3)	19:00	Insane (1)	19:00	Indoor Cycling (3)
20:00	Indoor Cycling (3)	18:45	BBB (1)	19:00	BBB (1)	19:45	Indoor Cycling (3)	19:00	Club Power (1)
20:00	Kick Fun (2)	18:45	Indoor Cycling (3)	20:00	Zumba(2)	20:00	Step BBB (1)		
20:00	FIT&SHAPE(1)	19:45	Club Power (1)	20:00	Club Step (1)	20:00	Zumba (2)		
21:00	Indoor Cycling (3)	19:45	Indoor Cycling (3)	20:00	Indoor Cycling (3)	21:00	Club Power (1)		
21:00	LA BLAST	20:00	XCO-Shape (2)	21:00	Cycling (3)	21:00	Pilates (2)		
21:00	Yoga (2)	21:00	Just Boxing (2)	21:00	Just Boxing (2)	21:00	Indoor Cycling (3)	TYPE LES	
		21:00	Zumba (1)	21:00	Club Yoga (1)				
		21:00	Aquafit						

	Aqua
	Kracht
	Body&mind



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

PRAKTISCHE INFO

Tarieven

Reserveren

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

Via de kiosk

Waar gaat de les door?

Per telefoon: 016 74 07 40
Online www.sportoase.be

Sportoase

- (1) Jupilerzaal
- (2) Zaal Hoegaarden
- (3) Cyclingzaal
- (4) Zwembad
- (5) Buiten

Sportoase Philipssite
Philipssite 6
3001 Leuven
Tel. 016 74 07 40

UURROOSTER GROEPSLESSEN



Periode

info.philipssite@sportoase.be

Dit uurrooster is van toepassing :