



| MAANDAG | | DINSDAG | | WOENSDAG | | DONDERDAG | | VRIJDAG | |
|---------|--------------------|---------|----------------------|----------|-----------------|-----------|--------------------|---------|---|
| 12:15 | Aquasenior (2) | 12:15 | Aquafit (2) | 10:00 | Flow Yoga (1) | 12:15 | Aquasenior (2) | 19:00 | Zumba (1) |
| 14:00 | Easy Fit (1) | 16:30 | Multimove(3-4j) (3) | 19:00 | Aquajogging (2) | 14:00 | Easy Fit (1) | 20:00 | La Blast (1) |
| 19:00 | Aquazumba (2) | 17:30 | Multimove (5-6j) (3) | 19:00 | Club Power (1) | 19:00 | Aquafit (2) | | |
| 19:00 | Indoor Cycling (1) | 19:00 | ZW. zwemmen (2) | 20:00 | BBB (1) | 19:00 | Indoor Cycling (1) | | |
| 20:00 | Club Power (1) | 19:00 | Indoor Cycling (1) | 21:00 | Flow Yoga (1) | 20:00 | BBB (1) | | |
| 21:00 | Indoor Cycling (1) | 20:00 | Zumba (1) | | | 21:00 | Club Power (1) | | |
| | | 20:15 | Aquafit + (2) | | | | | | TYPE LES |
| | | 21:00 | Flow Yoga (1) | | | | | |  Kracht |
| | | | | | | | | |  Conditie |
| | | | | | | | | |  Mix |
| | | | | | | | | |  Body & Mind |
| | | | | | | | | |  Aqua |



| ZATERDAG | | ZONDAG | |
|----------|--------------------------|--------|--------------------|
| 10:00 | Just Move Into Shape (1) | 09:00 | Zumba (1) |
| 11:00 | Zumba (1) | 10:00 | Club Power (1) |
| 12:00 | Zumba (1) | 11:00 | Indoor Cycling (1) |

PRAKTISCHE INFO

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|------------------------|--|
| Tarieven | 10-beurtenkaart: € 75,00 4 maanden geldig Of groepslesabonnement |
| Reserveren | Via de kiosk Per telefoon: 016 89 29 90 Online www.sportoase.be |
| Waar gaat de les door? | (1) Groepslessenzaal (2) Zwembad (3) Sporthal |
| Sportoase | Sportoase Ter Heide Vakenstraat 18 3110 Rotselaar Tel. 016 89 29 90 info.terheide@sportoase.be |
| Periode | Dit uurrooster is van toepassing van 19/10/2020 |