

# UURROOSTER GROEPSLESSEN VANAF 10/02/2025



| MAANDAG  |                       | DINSDAG |                        | WOENSDAG |                       | DONDERDAG |                        | VRIJDAG |                       |
|----------|-----------------------|---------|------------------------|----------|-----------------------|-----------|------------------------|---------|-----------------------|
| 12:00    | Aquafit<br>Philippe   | 10:30   | Easyfit<br>Philippe    | 10:00    | Yoga<br>Reiko         | 12:00     | Aquaseniør<br>Philippe | 11:00   | Yogalates<br>Joke     |
| 12:45    | Aquafit<br>Philippe   | 19:00   | Pilates<br>Jolien      | 19:15    | BBB<br>Andres         | 12:45     | Aquaseniør<br>Philippe | 18:30   | Club Core<br>Ellen    |
| 19:00    | Abdo/BBB<br>Andres    | 19:15   | Aquafit<br>Andres      | 20:15    | Club Power<br>Laurien | 19:00     | Aquafit<br>Jolien      | 19:30   | Club Power<br>Ellen   |
| 19:15    | Aquazumba<br>Silke    | 20:00   | Club Power<br>Philippe |          |                       | 19:00     | Yoga<br>Reiko          | 20:00   | Aquajogging<br>Andres |
| 20:15    | Aquabalance<br>Andres | 20:15   | Aquazumba<br>Jolien    |          |                       | 19:45     | Aquazumba<br>Jolien    |         |                       |
| 20:15    | Zumba<br>Silke        | 21:00   | Yoga<br>Joke           |          |                       | 20:00     | Zumba/Step<br>Silke    |         |                       |
| ZATERDAG |                       | ZONDAG  |                        |          |                       |           |                        |         |                       |
| 10:00    | LaBlast<br>Jolien     | 9:00    | Fit&shape<br>Laurien   |          |                       |           |                        |         |                       |
| 11:00    | BBB<br>Jolien         | 10:00   | Total Body<br>Laurien  |          |                       |           |                        |         |                       |
|          |                       | 11:00   | Pilates<br>Laurien     |          |                       |           |                        |         |                       |



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## PRAKTISCHE INFO

|                                     |   |
|-------------------------------------|---|
|                                     | Kennismakingskaart: € 20<br>4 weken geldig<br>10-beurtenkaart: € 95<br>4 maanden geldig<br>3 maand aqua/groepslessen:<br>€183.00<br>1 jaar aqua/groepslessen: €528.00 |
| Tarieven                            |   |
| Reserveren                          | Online <a href="http://www.sportoase.be">www.sportoase.be</a><br>Via de kiosk<br>Per telefoon of mail<br>Aan de balie   |
| Waar gaat de les door?<br>Sportoase | Pastoor <a href="#">Eralystraat 2</a><br><a href="#">3012 Wilsele</a><br>Tel. 016 85 19 40<br>info.wilsele-<br>putkapel@sportoase.be                                  |