

UURROOSTER GROEPSLESSEN

Zomerrooster vanaf 30/05/2022



| MAANDAG | | DINSDAG | | WOENSDAG | | DONDERDAG | | VRIJDAG | |
|---------|---------------------|---------|------------------------|----------|--------------------|-----------|------------------------|---------|------------------------|
| 18:30 | Yoga 4 Starters (1) | 11:15 | Aquafit (3) | 9:00 | Pilates (1) | 9:30 | Aquafit (3) | 9:30 | Power Yoga (1) |
| 18:30 | Indoor Cycling (2) | 18:30 | BBB (1) | 10:00 | Indoor Cycling (2) | 18:00 | Indoor Cycling (2) | 10:30 | Indoor Cycling (2) |
| 19:30 | Indoor Cycling (2) | 19:00 | Indoor Cycling (2) | 13:30 | Youth Fitness (4) | 18:30 | Zumba (1) | 18:00 | Aquafit (3) |
| 19:30 | Zumba (1) | 19:30 | Total Body Workout (1) | 18:30 | Balance (1) | 19:00 | Indoor Cycling (2) | 19:15 | Total Body Workout (1) |
| 20:30 | FTP Cycling (2) | 20:00 | Indoor Cycling (2) | 19:00 | Indoor Cycling (2) | 19:30 | Total Body Workout (1) | | |
| | | 20:00 | Aqua Yoga (3) | 19:30 | La Blast (1) | 19:30 | Aquafit (3) | | |
| | | | | 20:00 | Indoor Cycling (2) | 20:00 | Indoor Cycling (2) | | |
| | | | | 20:00 | Aquazumba (3) | | | | |
| | | | | 20:30 | Club Power (1) | | | | |

TYPE LES

Kracht

Mix

Conditie

Body & Mind

Aqua

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| ZATERDAG | | ZONDAG | |
|----------|------------------|--------|------------------------|
| 9:30 | BBB (1) | 9:00 | Total body workout (1) |
| 10:30 | Vinyasa Yoga (1) | 10:00 | Hatha Yoga (1) |
| | | 10:00 | Indoor Cycling (2) |
| | | 11:00 | Yin Yoga (1) |
| | | 11:00 | Indoor Cycling (2) |

PRAKTISCHE INFO

Reserveren

Ter plaatse via de kiosk

Per telefoon: 02/302.70.30

Sportoase App: Android / Iphone

Online: www.sportoase.be

Waar gaat de les door?

- (1) Danszaal
- (2) Cyclingzaal
- (3) Instructiebad
- (4) Fitness

Sportoase Hallebad
 Nederhem 35
 1500 Halle
 02/302.70.30
Info.hallebad@sportoase.be