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| **Maandag** | **Dinsdag** | **Woensdag** | **Donderdag** | **Vrijdag** |
| 17u30 – 18u15 Yoga | 17u30 – 18u15 Pole | 08u15 – 09u00  Pilates (warme lagune)\* | 17u30 – 18u15 Pilates | 08u15 – 09u00  Pilates (warme lagune)\* |
| 18u20 - 19u05 Cardio | 18u20 - 19u05 Jogging | 12u30 – 13u15  Fitness | 18u20 - 19u05 Cycling | 12u30 – 13u15  Cardio |
| 19u10 - 19u55 Jogging | 19u10 - 19u55 Cycling |  | 19u10 - 19u55 Cardio |  |
| 20u00 - 20u45 Cycling | 20u00 - 20u45 Cardio |  | 20u00 - 20u45 Jogging |  |
| 20u50 – 21u30 BBB | 20u50 – 21u30 BBB |  | 20u50 – 21u30 BBB |  |

**Zomerplanning Aquasport (03/07 – 31/08)**Alle lessen gaan in sportbad door, tenzij anders aangegeven.

\*Enkel in week 27, 29, 31, 33 en woensdag week 35.