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| **Maandag** | **Dinsdag** | **Woensdag** | **Donderdag** | **Vrijdag** |
| 17u30 – 18u15Yoga | 17u30 – 18u15Pole | 08u15 – 09u00 Pilates (warme lagune)\* | 17u30 – 18u15Pilates | 08u15 – 09u00 Pilates (warme lagune)\* |
|  18u20 - 19u05Cardio | 18u20 - 19u05Jogging  | 12u30 – 13u15 Fitness | 18u20 - 19u05Cycling | 12u30 – 13u15 Cardio |
| 19u10 - 19u55Jogging | 19u10 - 19u55Cycling |  | 19u10 - 19u55Cardio |  |
| 20u00 - 20u45Cycling | 20u00 - 20u45Cardio |  | 20u00 - 20u45Jogging |  |
| 20u50 – 21u30BBB | 20u50 – 21u30BBB |  | 20u50 – 21u30BBB |  |

 **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.