



# FRESH LESROOSTER



Openingstijden Fresh: maandag t/m donderdag 7:00-22:30 vrijdag van 7:00-21:30 zaterdag 9:00-19:00 en zondag 9:00-17:00

## Groepslessen rooster vanaf 21 maart

GROEPSLESSEN

TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	TIJD	ZATERDAG	ZONDAG
7:15		SPIN & STRENGTH <small>By Georgia</small>			SPIN & STRENGTH <small>By Georgia</small>			
8:30	FRESH BOXING <small>By Danielle</small>	FRESH ZUMBA <small>By Peter</small>	ZUMBA STEP <small>By Peter</small>		C. A. YOGA <small>By Katelijn</small>	9:30	POLAR CYCLING <small>By Marieke</small>	FRESH BODYPUMP <small>By Lisa</small>
9:30	BODY SHAPE <small>By Sonja</small>	FRESH BODYPUMP <small>By Sonja</small>	BODY SHAPE <small>By Alessandra</small>	PILATES <small>By Ingrid</small>	FRESH ZUMBA <small>By Peter</small>	10:30	FRESH BODYPUMP <small>By Rudi</small>	FRESH BOXING <small>By Team Ramzi</small>
10:30	IYENGAR YOGA <small>By Mario</small>	C. A. YOGA <small>By Katelijn</small>	PILATES <small>By Alessandra</small>	FRESH BODYPUMP <small>By Sonja</small>	BODY SHAPE <small>By Sonja</small>	11:30	FRESH ZUMBA <small>By Esther</small>	POLAR CYCLING <small>By Petra/Elena/Marieke</small>
11:45	BODY BASIC <small>By Guan</small>		BODY BASIC <small>By Alessandra</small>		BODY BASIC <small>By Annemarie</small>	12:30	PILATES <small>By Maddy</small>	PILATES <small>By Fleur</small>
13:00	PILATES <small>By Maddy</small>		FLOW YOGA <small>By Maddy</small>	YIN YOGA <small>By Hellen 75 minuten</small>	YIN YOGA <small>By Hilt 75 minuten</small>	13:30	FRESH TAI JI <small>By Frenk</small>	
17:45	POLAR CYCLING <small>By Petra</small>	FLOW YOGA <small>By Dorit</small>	POLAR CYCLING <small>By Georgia</small>	FRESH BODYPUMP <small>By Elena</small>	FRESH BOXING <small>By Team Ramzi</small>			
18:45	BODY SHAPE <small>By Rosanne</small>	FRESH BOXING <small>By Marciano</small>	BODY SHAPE <small>By Mounir</small>	BODY SHAPE <small>By Elena</small>		15:00	FLOW YOGA <small>By Dorit</small> <small>Let op! Deze les duurt 90 minuten</small>	IYENGAR YOGA <small>By Sarah Jane</small> <small>Let op! Deze les duurt 90 minuten</small>
19:30		FRESH CROSS CAMP <small>By Peter</small>		FRESH CROSS CAMP <small>By Peter</small>				
20:00	FRESH BODYPUMP <small>By Colette</small>	POLAR CYCLING <small>By Arie</small>	FRESH BODYPUMP <small>By Joey</small>	POLAR CYCLING <small>By Arie</small>		16:45	BODY SHAPE <small>By Lisa</small>	
21:00	FRESH BOXING <small>By Daneille</small>	BODY SHAPE <small>By Mounir</small>	YIN YOGA <small>By Hellen</small>	FRESH BOXING <small>By Jeroen</small>				

GROEPSLESSEN

Voor deze lessen is er een telefonische reservering mogelijk

FRESH CORE

15 minuten

TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	TIJD	ZATERDAG	ZONDAG
9:00	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	9:10	FRESH CORE	FRESH CORE
11:30	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	14:45	FRESH CORE	FRESH CORE
16:00	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE			
19:45	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE			

15 minuten

FRESH CORE