



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

Lesrooster vanaf 16 oktober

GROEPSLESSEN

TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	TIJD	ZATERDAG	ZONDAG
7:15	SPIN & STRENGTH <small>By Eddy</small>	SPIN & STRENGTH <small>By Georgia</small>	FRESH BOOTYCORE <small>30 minutes by stijn</small>	FRESH BOXING <small>By Danielle</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 Daniela</small>			
9:00	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	9:10	FRESH CORE	FRESH CORE
9:30	BODY SHAPE <small>By Sonja</small>	FRESH BODYPUMP <small>By Sonja</small>	BODY SHAPE <small>By Alessandra</small>	PILATES <small>By Manu</small>	FRESH ZUMBA <small>By Peter</small>	9:30	POLAR CYCLING <small>By Marieke</small>	FRESH BODYPUMP <small>By Lisa</small>
10:30	IYENGAR YOGA <small>By Mario</small>	C. A. YOGA <small>By Yvonne</small>	PILATES <small>By Alessandra</small>	FRESH BODYPUMP <small>By Sonja</small>	BODY SHAPE <small>By Sonja</small>	10:30	FRESH BODYPUMP <small>By Rudi</small>	FRESH BOXING <small>By Team Ramzi</small>
11:30	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	11:30	FRESH ZUMBA <small>By Esther</small>	POLAR CYCLING <small>By Esther/Elena/Marieke</small>
11:45	BODY BASIC <small>By Guan</small>		BODY BASIC <small>By Alessandra</small>		BODY BASIC <small>By Laura</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>	
16:00	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	FRESH CORE	14:45	FRESH CORE	FRESH CORE
17:45	POLAR CYCLING <small>By Georgia</small>	FLOW YOGA <small>By Sabrina</small>	SPIN & STRENGTH <small>By Georgia</small>	FRESH BODYPUMP <small>By Elena</small>				
18:45	BODY SHAPE <small>By Josine</small>	FRESH BOXING <small>By Marciano</small>	BODY SHAPE <small>By Mounir</small>	BODY SHAPE <small>By Elena</small>	FRESH BOXING <small>By May</small>	15:00	FLOW YOGA <small>By Dorit</small> <small>Let op!</small> <small>Deze les duurt 90 minuten</small>	IYENGAR YOGA <small>By Sarah Jane</small> <small>Let op!</small> <small>Deze les duurt 90 minuten</small>
19:30		FRESH CROSS CAMP <small>By Peter</small>		FRESH CROSS CAMP <small>By Peter</small>				
19:45	FRESH CORE	FRESH CORE	FRESH CORE	FRESH H.I.T. <small>30 minutes by Onno</small>	FRESH CORE	16:45	BODY SHAPE <small>By Lisa</small>	
20:00	FRESH BODYPUMP <small>By Colette</small>	POLAR CYCLING <small>By Arie</small>	FRESH BODYPUMP <small>By Mounir</small>	POLAR CYCLING <small>By Arie</small>				
21:00	FRESH BOXING <small>By Danelle</small>	BODY SHAPE <small>By Mounir</small>	YIN YOGA <small>By Hellen</small>	FRESH BOXING <small>By Jeroen</small>				

GROEPSLESSEN

Reserveren van de lessen kan via jouw persoonlijke Fresh Fitness app.

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