



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 1 december

GROEPSLESSEN

TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	TIJD	ZATERDAG	ZONDAG
7:15	SPIN & STRENGTH By Eddy	SPIN & STRENGTH By Georgia	FRESH BOOTYCORE 30 minutes by Seran	FRESH BOXING By Danielle	SPIN & STRENGTH By Georgia			
8:30	FRESH BOXING By Eddy	FRESH ZUMBA By Marley	FRESH ZUMBA By Marley	FRESH ULTIMATE By Danielle	C. A. YOGA By Daniela			
9:00	HIIT ALLROUND 30 min by Guan	HIIT ALLROUND 30 min by Mirella	HIIT ALLROUND 30 min by Seran	HIIT ALLROUND 30 min by Mirella	HIIT ALLROUND 30 min by Laura	9:05	FRESH STRENGTH 25 min by trainer	HIIT ALLROUND 25 min by trainer
9:30	BODY SHAPE By Marley	FRESH BODYPUMP By Sehnaaz	BODY SHAPE By Alessandra	PILATES By Manu	FRESH ZUMBA By Peter	9:30	SPIN EXPERIENCE By Marieke	FRESH BODYPUMP By Lisa
10:30	IYENGAR YOGA By Daniela	C. A. YOGA By Yvonne	PILATES By Alessandra	FRESH BODYPUMP By Eddy	BODY SHAPE By Peter	9:30		
11:30	HIIT CORE 15 min by Guan	HIIT CORE 30 min by Mirella	HIIT CORE 15 min by Alessandra	HIIT CORE 30 min by Mirella	HIIT CORE 15 min by Laura	10:30	FRESH BODYPUMP By Rudi	FRESH BOXING By Seran
11:45	BODY BASIC By Guan	12:00 PILATES By Hiit	BODY BASIC By Alessandra		BODY BASIC By Laura	11:30	FRESH ZUMBA By Esther	SPIN EXPERIENCE By Esther
13:00	PILATES By Maddy	YIN YOGA By Hiit 75 minuten	FLOW YOGA By Maddy	YIN YOGA By Hellen 75 minuten	YIN YOGA By Hiit 75 minuten	12:30	PILATES By Fleur	PILATES By Elize
17:00	HIIT ALLROUND 30 min by Rob	HIIT ALLROUND 30 min by Guan	HIIT ALLROUND 30 min by Rob	HIIT ALLROUND 30 min by Guan	HIIT ALLROUND 30 min by David	13:00	HIIT ALLROUND 30 min by trainer	HIIT KETTLEBELL 30 min by trainer
17:30					FLOW YOGA By Katherine 75 min	13:30	FRESH TAI JI By Frenk	
17:45	SPIN EXPERIENCE By Georgia	FLOW YOGA By Dorit	SPIN & STRENGTH By Georgia	FRESH BODYPUMP By Elena		14:30		FRESH BOOTYCORE 30 minutes by Trainer
18:15					FRESH STRENGTH 18:15-18:45	15:00	FLOW YOGA By Dorit Let op! Deze les duurt 90 minuten	IYENGAR YOGA By Sarah Jane Let op! Deze les duurt 90 minuten
18:45	BODY SHAPE By Josine	FRESH BOXING By Marciano	BODY SHAPE By Mounir	BODY SHAPE By Elena	FRESH BOXING By Seran			
19:45		HIIT CORE 15 min by Marciano		HIIT ALLROUND 30 min by Guan		16:45	BODY SHAPE By Lisa	
20:00	FRESH BODYPUMP By Sherida	SPIN EXPERIENCE By Arie	FRESH BODYPUMP By Mounir	SPIN EXPERIENCE By Melissa		18:00	FRESH BOOTYCORE 30 minutes by Trainer	
21:00	FRESH BOXING By May	BODY SHAPE By Mounir	YIN YOGA By Justine	FRESH BOXING By Jeroen				

GROEPSLESSEN

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

Fresh Supportive Health Club Tolstraat 57 1073 RW Amsterdam tel: 020-6751207
email: Info@fresh-fitness.nl website: www.fresh-fitness.nl