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 5 juni 2021

GROEPSLESSEN

TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG
7:00	SPIVI CYCLING By Lindsay	POWER-CIRCUIT By Ashwin	FRESH BOOTYCORE By Seran	SPIN & STRENGTH By Ashwin	SPIVI CYCLING By Sergio
8:05		FRESH BOXING By John		BODYPUMP By Sanne	
9:00	OUTDOOR FUN 45 min by Guan	OUTDOOR FUN 45 min by Jasper	OUTDOOR FUN 45 min by Seran	OUTDOOR FUN 45 min by Daniel	OUTDOOR FUN 45 min by Seran
9:10	FRESH ZUMBA By Sanna vanaf juli	BODYPUMP By Hamada	BODY SHAPE By Alessandra asap	BODYCOMBAT By Sanne	C. A. YOGA 8:45 By Daniela
10:15	BODY SHAPE By Sanna vanaf juli	BODYCOMBAT By Hamada	PILATES By Alessandra asap	PILATES By Nathalie	STRONG NATION By Jin-Soo
11:20	IYENGAR YOGA By Daniela 75 minuten	C. A. YOGA By Klaartje	BODY BASIC OUTDOOR By Seran		
12:00	BODY BASIC OUTDOOR 45 minuten By Guan			SLOW FLOW YOGA By Hellen	BODY BASIC OUTDOOR 45 minuten By Seran
13:00	PILATES By Andreja	YIN YOGA By Hilt 75 minuten vanaf juli		YIN YOGA By Hellen 75 minuten	PILATES By Nathalie
16:40			SPIVI CYCLING By Lindsay		
17:00		OUTDOOR FUN 45 min by Daniel			OUTDOOR FUN 45 min by Guan
17:45	SPIVI CYCLING By Marieke	T.B MADNESS By Ashwin	SPIN & STRENGTH By Ashwin	SPIVI CYCLING By Ashwin	
18:00	BODYCOMBAT OUTDOOR 18:00 @RAI By Lisa				
18:10	OUTDOOR FUN 45 min by Rob	OUTDOOR FUN 45 min by Casper	OUTDOOR FUN 45 min by Rob	OUTDOOR FUN 45 min by Casper	OUTDOOR FUN 45 min by Guan
18:50	BODY SHAPE OUTDOOR 19:00 @Beatrix park By Josine	POWER PUMP By Eduard	BODYPUMP By Mounir	BODYPUMP By Mounir	
19:30		BOXING-OUTDOOR 19:30 By Seran			
19:55	BODYPUMP By Sanne	SPINNING CYCLE By Eduard	BODY SHAPE By Mounir	YIN YOGA 20:00 By Mounir	
21:05		PILATES By Andreja	YIN YOGA By Iepke		

TIJD	ZATERDAG	ZONDAG
9:00	SPIVI CYCLING By Marieke	BODYPUMP By Esther
9:10	OUTDOOR FUN 45 min by trainer	OUTDOOR FUN 45 min by trainer
10:05	BODYPUMP By Rudi	BOXING-IN/OUTDOOR By Seran
11:10	FRESH ZUMBA By Esther	SPIVI CYCLING By Esther
12:15	PILATES By Fleur	PILATES By Andreja
12:00		
13:20	YIN YOGA By Fleur	VINYASA YOGA By Andreja
14:00		
14:00		
16:00		
18:00		

GROEPSLESSEN

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

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email: Info@fresh-fitness.nl website: www.fresh-fitness.nl