



FRESH LESROOSTER



Openingstijden Fresh: maandag t/m donderdag 6:50-22:30 vrijdag van 6:50-21:30 zaterdag 8:50-19:00 en zondag 8:50-17:00

Lesrooster vanaf 18 januari 2022

GROEPSLESSEN

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TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	TIJD	ZATERDAG	ZONDAG
7:00	SPIVI CYCLING By Lindsay	Total Body Workout By Ashwin	FRESH HIT BOXING By Melanie	SPIN & STRENGTH By Ashwin	SPIVI CYCLING By Ashwin			
8:00	PILATES TOTAL FLOW By Jesse	OUT/INDOOR FUN 40 min by Rajvir	OUT/INDOOR FUN 40 min by Seran					
8:40	OUTDOOR FUN 40 min by Guan			OUTDOOR FUN 40 min by Lindsay	OUTDOOR FUN 40 min by Lindsay	9:00	SPIVI CYCLING By Marieke	BODYPUMP By Esther
9:00	FRESH ZUMBA By Sanna	BODYPUMP Vanaf 1 febr By Hamada	BODY SHAPE By Josine		C. A. YOGA 8:30 75 min By Daniela	9:00	OUTDOOR FUN 40 min by trainer	OUTDOOR FUN 40 min by trainer
10:00	BODY SHAPE By Sanna	BODYCOMBAT Vanaf 1 febr By Hamada	PILATES By Nathalie	PILATES BURN By Nathalie	FRESH ZUMBA Vanaf 1 febr By Safyra	10:00	BODYPUMP By Rudi	FRESH BOXING By Melanie
11:00	IYENGAR YOGA By Daniela 75 minuten	C. A. YOGA 75 min By Klaartje			BODY SHAPE Vanaf 1 febr By Safyra	11:00	FRESH ZUMBA By Esther	SPIVI CYCLING By Esther
12:00	BODY BASIC OUTDOOR 45 minuten By Guan		BODY BASIC OUTDOOR 45 min By Mahdad		BODY BASIC OUTDOOR 11:30 45 minuten By Lindsay	12:00	PILATES By Fleur	PILATES By Yvonne
13:00		YIN YOGA By Hiit 75 minuten		YIN YOGA By Hellen 75 minuten	PILATES By Nathalie	12:00		
16:40						13:00	HATHA YOGA By Fleur	
17:10		HIT ALLROUND 45 min by Casper			HIT ALLROUND 45 min by Guan	14:00		
18:00	SPIVI CYCLING By Marieke	FRESH BOXING By Melanie	SPIN & STRENGTH Om 17:45 By Ashwin	SPIVI CYCLING By Sergio		14:00		
18:00						16:00		
18:10	OUTDOOR FUN 45 min by Rob			OUTDOOR FUN 45 min by casper		18:00		
19:00	BODY SHAPE By Josine	POWER PUMP By Eduard	BODYPUMP By Mounir	FRESH BOXING By Melanie				
19:30					SALSA WORKSHOP			
20:00	BODYPUMP By Brenda	SPINNING CYCLE By Eduard	PILATES By Mounir	BODYPUMP By Mounir				
21:05	YIN YOGA By Lisa		YIN YOGA By Iepke	YIN YOGA By Mounir				

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

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