



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 21 september 2022

GROEPSLESSEN

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TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	TIJD	ZATERDAG	ZONDAG
7:00		Total Body Workout By Ashwin	FRESH BOOTYCORE By Jamie	SPIN & STRENGTH By Ashwin	SPIVI CYCLING By Ashwin			
8:00	OUTDOOR FUN 8:40 by Daan			OUTDOOR FUN 40 min by Jamie				
9:00					OUTDOOR FUN 40 min by Lindsay	9:00	SPIVI CYCLING By Marieke	SPIVI CYCLING By Esther
9:00	FRESH ZUMBA By Romy	BODYPUMP By Hamada	BODY SHAPE By Josine		C. A. YOGA 8:30 75 min By Daniela	10:00	OUTDOOR FUN 40 min by trainer	OUTDOOR FUN 40 min by trainer
10:00	BODY SHAPE By Romy	FRESH COMBAT By Hamada	PILATES By Jessie	PILATES By Nathalie	FRESH ZUMBA By Chris	10:00	BODYPUMP By Rudi	BODYPUMP By Esther
11:00	IYENGAR YOGA By Daniela 75 minuten	C. A. YOGA 11:30 75 min By Klaartje			BODY SHAPE By Elena	11:00	FRESH ZUMBA By Esther	FRESH BOXING By Johan
12:00	BODY BASIC OUTDOOR 45 minuten By Daan		BODY BASIC OUTDOOR 45 min By Jamie		MOBILITY By Kerstin	12:00	PILATES By Fleur	
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					OUTDOOR FUN 17:00 45 min by Mahdad	13:30		POWER YOGA By Daniela / Sara Jane
18:00	SPIVI CYCLING By Marieke	FRESH BOXING By Melanie	SPIN & STRENGTH By Ashwin	SPIVI CYCLING By Sergio		14:00	Rehabilitation Pilates By Yvonne	
18:00						16:00		
18:00	OUTDOOR FUN 45 min by Daniel					18:00		
19:00	BODY SHAPE By Josine	POWER PUMP By Eduard	BODYPUMP By Mounir	FRESH BOXING By Melanie				
19:30								
20:00	B.B.B By Josine	SPINNING CYCLE By Eduard	PILATES By Mounir	BODYPUMP By Mounir				
21:05	Restorative Pilates By Yvonne	POWER & RELAX YOGA By Daniela	YIN YOGA By Iepke	YIN YOGA By Mounir				

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

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