



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 14 maart 2023

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	Total Body Workout By Ashwin			
8:00								
9:00					IN / OUTDOOR FUN 40 min by Lindsay	9:00	SPIVI CYCLING By Marieke	FRESH STEP By Esther
9:00	FRESH ZUMBA By Gillian	BODYPUMP By Esther	BODY SHAPE By Jessie	BODY SHAPE By Jessie	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 Gillian	BODY COMBAT By Esther	PILATES By Jessie	PILATES By Nathalie	FRESH ZUMBA By Christian	10:00	BODYPUMP By Esther	BODYPUMP By Esther
11:00	IYENGAR YOGA By Daniela 60 minuten	C. A. YOGA 11:30 75 min By Klaartje	FRESH ZUMBA By Chris		B.B.B By Christian	11:00	FRESH ZUMBA By Esther	FRESH BOXING By Johan
12:00	IYENGAR ADV By Daniela 75 minuten		BODY BASIC IN/OUTDOOR 45 min By Jamie	CORE YOGA By Hellen	MOBILITY By Kerstin	12:00	PILATES By Fleur	
13:00	MOBILITY 13:15 By Kerstin	YIN YOGA By Hiit 75 minuten		YIN YOGA By Hellen 75 minuten	PILATES By Nathalie	12:10		PILATES BREATHING By Jessie
14:00					POWER PILATES By Nathalie	13:00	HATHA YOGA By Fleur	
15:00						13:30		POWER YOGA By Daniela / Sara Jane
17:00				SPIVI CYCLING By Sergio	OUTDOOR FUN 17:00 45 min by Mahdad	14:00		
18:00	SPIVI CYCLING By Marieke	FRESH BOXING By John	SPIVI CYCLING By Nathan	SPIVI CYCLING By Sergio		16:00		
18:00						18:00		
19:00	BODY SHAPE By Vivian	BODYPUMP By Sergiu	BODYPUMP By Mounir	FRESH BOXING By John				
19:30								
20:00	B.B.B By Vivian	SPIVI CYCLING By Sergiu	PILATES By Mounir	BODYPUMP By Sylvia				
21:05	YIN YOGA By Letizia	POWER & RELAX YOGA By Daniela	YIN YOGA By Iepke					

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

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