



FRESH LESROOSTER



Openingstijden Fresh: maandag t/m donderdag 6:50-22:30 vrijdag van 6:50-21:30 zaterdag 8:20-17:00 en zondag 8:50-17:00

Lesrooster vanaf 1 september 2023

TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	TIJD	ZATERDAG	ZONDAG
7:00		Total Body Workout By Ashwin	BOXING HIT By Seran	SPIN & STRENGTH By Ashwin	Total Body Workout By Ashwin			
8:00		IN / OUTDOOR FUN 40 min by Daan				8:30	SPIVI CYCLING By Marieke	
8:30					C. A. YOGA 8:30 75 min By Daniela	9:00		BODYPUMP By Esther
9:00	FRESH ZUMBA By Gillian	BODYPUMP By Esther	BODY SHAPE By Jessie	BODY SHAPE By Jessie	IN / OUTDOOR FUN 40 min by Lindsay	9:30	Kickboxing Basic By Seran	OUTDOOR FUN 10:00 by trainer
10:00	BODY SHAPE By Gillian	BOXING HIT By Seran	PILATES By Jessie	PILATES BREATHING By Jessie	FRESH ZUMBA By Lorenzo	10:00	OUTDOOR FUN 40 min by trainer	BODYPUMP By Esther
11:00	IYENGAR YOGA By Daniela	C. A. YOGA 11:30 75 min By Klaartje		FRESH ZUMBA By Sol	URBAN BODYSHAPE By Lorenzo	10:30	BODYPUMP By Esther	
12:00	BODY BASIC IN/OUTDOOR 12:15 By Daan		BODY BASIC IN/OUTDOOR 45 min By Seran		BODY BASIC IN/OUTDOOR 11:30 By Lindsay	11:00		FRESH BOXING By Johan
12:00	IYENGAR ADVANCED By Daniela 75 minuten			VINYASA YOGA By Hellen	MOBILITY By Kerstin	11:30	FRESH ZUMBA By Esther	
13:00	MOBILITY 13:15 By Kerstin	YIN YOGA By Hilt 75 minuten	FRESH ZUMBA By Christian	YIN YOGA By Hellen 75 minuten	PILATES By Nathalie	12:10		PILATES BREATHING By Jessie
15:00						12:30	PILATES By Fleur	
17:00	FRESH ZUMBA By Riquelme		SPIVI CYCLING By Nathan			13:30	HATHA YOGA By Fleur	POWER YOGA By Daniela
18:00					OUTDOOR FUN 45 min by Mahdad	16:00		
18:00	SPIVI CYCLING By Marieke	PAD KICKBOXING By Seran	PILATES By Mounir	SPIVI CYCLING By Sergio				
19:00	BODYPUMP By Sergio	SPIVI CYCLING By Sergio	BODYPUMP By Mounir	KICKBOXING ADV By Seran				
19:30								
20:00	FRESH PILATES By Sergio	BODYPUMP By Sergio	PILATES By Mounir	BODYPUMP By Sylvia				
21:05	YIN YOGA By Letizia	FLOW & RELAX YOGA By Daniela	YIN YOGA By Iepke	FLOW & RELAX YOGA By Sylvia				

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

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GROEPSLESSEN

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