



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 20 juni 2024

GROEPSLESSEN

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TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	TIJD	ZATERDAG	ZONDAG
7:00		Total Body Workout By Ashwin	FRESH BOOTYCORE By Seran	SPIN & STRENGTH By Ashwin	Total Body Workout By Ashwin			
8:00						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	SHAPE & CORE By Jessie	OUTDOOR FUN 40 min by Lindsay	9:30	Kickboxing Basic By Seran	RUNNING / STRENGTH Les wisselt om en om 10:10
10:00	BODY SHAPE By Gillian	MOBILITY & STRENGTH By Myrthe	PILATES By Jessie	FRESH ZUMBA By Sol	URBAN BOOTY By Lorenzo	10:00	OUTDOOR FUN 10:10 by trainer	BODYPUMP By Esther
11:00	IYENGAR YOGA By Daniela	C. A. YOGA 11:30 75 min By Klaartje	FRESH ZUMBA By Christian		URBAN BODYSHAPE By Lorenzo	10:30	BODYPUMP By Esther	
12:00	BODY BASIC OUTDOOR 12:15 By Daan		BODY BASIC IN/OUTDOOR 12:15 By Seran			11:00		
12:00	Yoga & Strength By Daniela 75 minuten				MOBILITY By Kerstin	11:30	FRESH ZUMBA By Esther	
13:00	MOBILITY 13:15 By Kerstin	YIN YOGA By Hilt 75 minuten		YIN YOGA By Hellen 75 minuten	PILATES By Nathalie	12:10		PILATES BREATHING By Jessie
14:00						12:30	PILATES By Fleur	
15:00						13:30	HATHA YOGA By Fleur	YOGA & STRENGTH By Daniela
17:00	Fresh Dance By Riquelme	PILATES By Fleur	RUG PILATES By Mounir		FRESH STRENGTH 18:00 uur 45 min by Mahdad			
18:00	SPIVI CYCLING By Marieke	FRESH KICKBOXING By Seran	PILATES By Mounir	SPIVI CYCLING By Sergio	FRESH ZUMBA Uur By Sol			
18:10	OUTDOOR FUN 40 min by Daniel	FRESH RUNNING 18:30 By Puck						
19:00	BODYPUMP By Sergio	SPIVI CYCLING By Sergio	BODYPUMP By Mounir	FRESH KICKBOXING By Seran				
20:00	FRESH PILATES By Sergio	BODYPUMP By Sergio	PILATES By Mounir	BODYPUMP By Andreas				
21:05	YIN YOGA By Letizia	FLOW & RELAX YOGA By Daniela	YIN YOGA By Iepke	FLOW & RELAX YOGA By Andreas				

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

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