



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 juli 2025

TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	TIJD	ZATERDAG	ZONDAG
7:00		Total Body Workout By Lien	Buik Benen Billen By Seran	Science of Stretching By Lien	Total Body Workout By Lien			
8:00		BARRE By Lien				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 Isidora	BODYPUMP By Esther	BODYSHAPE By Jessie	BODYSHAPE By Jessie	OUTDOOR FUN 40 min by Lindsay	9:30	Kickboxing Basic By Seran	OUTDOOR FUN 10:10 by trainer
10:00	BODYSHAPE By Myrthe	Mobility & Movement By Myrthe	PILATES By Jessie	URBAN BOOTY By Lorenzo	FRESH ZUMBA By Isidora	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		BODYSHAPE By Lien	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 BASIC By Kerstin	11:30	FRESH ZUMBA By Esther	
13:00	MOBILITY BASIC 13:15 By Kerstin	YIN YOGA By Hilt 75 minuten	YIN FLOW YOGA By Hellen	YIN YOGA By Hellen 75 minuten	PILATES By Wiwit	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 ZUMBA By Sol	PILATES BREATHING By Dorit	STRONG BACK PILATES Mounir					
18:00	SPIVI CYCLING By Marieke	FRESH KICKBOXING By Seran	PILATES By Mounir	SPIVI CYCLING By Sergio	FRESH STRENGTH 45 min by Mahdad			
18:00								
19:00	BODYPUMP By Sergiu	SPIVI CYCLING By Sergio	BODYPUMP By Mounir	FRESH KICKBOXING By Seran				
20:00	FRESH PILATES By Sergiu	BODYPUMP By Sergiu	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 Technogym app.

Fresh Supportive Health Club Tolstraat 59 1073 RW Amsterdam tel: 020-6751207
email: Info@fresh-fitness.nl website: www.fresh-fitness.nl

GROEPSLESSEN

GROEPSLESSEN