



FRESH LESROOSTER

Openingstijden Fresh: maandag t/m donderdag 06:50-22:30, vrijdag van 06:50-21:30, zaterdag 08:20-17:00 en zondag 08:50-17:00

TIJD	MAANDAG	DINSdag	WOENSDAG	DONDERDAG	VRIJDAG	TIJD	ZATERDAG	ZONDAG
07:00		Total Body Workout By Natalia	Fresh Hyroxx By Seran	Fresh Spinning By Lisa	Total Body Workout By Natalia	08:30	SPIVI CYCLING By Marieke	
08:30					C.A.Yoga By Daniela, 75 minuten	09:00		Bodypump By Esther
09:00	BBB By Myrthe	Bodypump By Eshter	Bodyshape By Jessie	Step & Shape By Jessie	Outdoor Fun By Natalia	09:30	Kickboxing Basic By Seran	Outdoor Fun 10:10 uur, By Trainer
10:00	Bodyshape By Myrthe	Mobility & Movement By Myrthe	Pilates By Jessie	Urban Booty By Lorenzo	Bodyshape By Natalia	10:00	Outdoor Fun 10:10 uur, By Trainer	Bodypump By Esther
11:00	IYENGAR YOGA By Daniela	C.A.Yoga 11:30 By Klaartje, 75 minuten	Urban Booty By Lorenzo		Fresh Zumba By Magda	10:30	Bodypump By Esther	
12:00	BODY BASIC OUTDOOR 12:15 By Daan		BODY BASIC OUTDOOR 12:15 By Seran	Vinyasa Yoga By Hellen	Mobility Basic By Kerstin	11:00		
12:00	Yoga & Strength By Daniela 75 minuten					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					Pilates Intermediate By Wiwit	12:30	Pilates By Wiwit	
15:00						13:30	Yin Yoga & Reiki By Chantal, 75 minuten	Yoga & Strength By Daniela
17:00	Fresh Zumba By Magda	Pilates Breathing By Dorit	Strong Back Pilates By Mounir					
18:00	SPIVI CYCLING By Marieke	Fresh Kickboxing By Seran	Pilates By Mounir	SPIVI Cycling By Sergio	Fresh Strength By trainer, 45 minuten			
19:00	Bodypump By Sergiu	SPIVI Cycling By Sergio	Bodypump By Mounir	Fresh Kickboxing By Seran				
20:00	Fresh Pilates By Sergiu	Bodypump By Wendy	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				

Boek eenvoudig een groepsles via
onze TechnoGym app.

Je kunt per week tot
5 groepslessen vooruit reserveren.

lesrooster februari 2026

Fresh Fitness, Tolstraat 59, 1073 RW Amsterdam
020-6751207, www.fresh-fitness.nl