



FRESH LESROOSTER



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

Groepslesrooster vanaf 13 februari 2026

| 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 min) | 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 | |
| 10:00 | Bodyshape By Myrthe | Mobility & Movement By Myrthe | Pilates By Jessie | Urban Booty By Lorenzo | Bodyshape By Natalia | 10:00 | | Bodypump By Esther |
| 11:00 | IYENGAR YOGA By Daniela | C.A.Yoga By Klaartje (75 min) | Urban Booty By Lorenzo | | | 10:10 | Outdoor Fun By Trainer | Outdoor Fun By Trainer |
| 11:30 | | | | | Fresh Zumba By Magda | 10:30 | Bodypump By Esther | |
| 12:00 | Yoga & Strength By Daniela (75 min) | | | Vinyasa Yoga By Hellen | Mobility Basic By Kerstin | 11:00 | Fresh Zumba By Esther | Bodyshape By Esther |
| 12:15 | BODY BASIC OUTDOOR By Daan | | BODY BASIC OUTDOOR By Seran | | | 12:10 | | Pilates Breathing By Jessie |
| 13:00 | Mobility Basic 13:15 By Kerstin | Yin Yoga By Hilt (75 min) | Yin Flow Yoga By Hellen | Yin Yoga By Hellen (75 min) | Pilates By Wiwit | 12:30 | Pilates By Wiwit | |
| 14:00 | | | | | Pilates Intermediate By Wiwit | 13:30 | Yin Yoga & Reiki By Chantal (75 min) | Yoga & Strength By Daniela |
| 15:00 | | | | | | | | |
| 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 min) | | | |
| 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 | | | | |

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