# 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 19 oktober 2026

| TIJD | MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | TIJD | ZATERDAG | ZONDAG |
|---|---|---|---|---|---|---|---|---|
| 07:00 | | Total Body Workout<br>By Natalia | Fresh Hyroxx<br>By Seran | | Total Body Workout<br>By Natalia | 08:30 | SPIVI CYCLING<br>By Marieke | |
| 08:30 | | | | | C.A.Yoga<br>By Daniela (75 min) | 09:00 | | Bodypump<br>By Esther |
| 09:00 | Bodyshape<br>By Myrthe | Bodypump<br>By Eshter | Bodyshape<br>By Jessie | Bodyshape<br>By Jessie | Outdoor Fun<br>By Natalia | 09:30 | Kickboxing Basic<br>By Seran | |
| 10:00 | Bodyshape<br>By Myrthe | Mobility & Movement<br>By Myrthe | Pilates<br>By Jessie | Urban Booty<br>By Lorenzo | Fresh Zumba<br>By Magda | 10:00 | | Bodypump<br>By Esther |
| 11:00 | IYENGAR YOGA<br>By Daniela | | Urban Booty<br>By Lorenzo | | Bodyshape<br>By Natalia | 10:10 | Outdoor Fun<br>By Trainer | Outdoor Fun<br>By Trainer |
| 11:30 | | C.A.Yoga<br>By Klaartje (75 min) | | | | 10:30 | Bodypump<br>By Esther | |
| 12:00 | Yoga & Strength<br>By Daniela (75 min) | | | Vinyasa Yoga<br>By Hellen | Mobility Basic<br>By Kerstin | 11:00 | | Bodyshape<br>By Esther |
| 12:15 | BODY BASIC OUTDOOR<br>By Daan | | BODY BASIC OUTDOOR<br>By Seran | | | 11:30 | Fresh Zumba<br>By Esther | |
| 13:00 | Mobility Basic<br>13:15 By Kerstin | Yin Yoga<br>By Hilt (75 min) | Yin Flow Yoga<br>By Hellen | Yin Yoga<br>By Hellen (75 min) | Pilates<br>By Wiwit | 12:10 | | Pilates Breathing<br>By Jessie |
| 14:00 | | | | | Pilates Intermediate<br>By Wiwit | 12:30 | Pilates<br>By Wiwit | |
| 15:00 | | | | | | 13:30 | Yin Yoga & Reiki<br>By Chantal (75 min) | Yoga & Strength<br>By Daniela |
| 17:00 | Fresh Zumba<br>By Magda | Pilates Breathing<br>By Dorit | | | | | | |
| 18:00 | SPIVI CYCLING<br>By Marieke | Fresh Kickboxing<br>By Seran | Bodyshape<br>By Mounir | SPIVI Cycling<br>By Sergio | Fresh Strength<br>By Daan (45 min) | | | |
| 19:00 | Bodypump<br>By Sergiu | SPIVI Cycling<br>By Sergio | Bodypump<br>By Mounir | Fresh Kickboxing<br>By Seran | | | | |
| 20:00 | Fresh Pilates<br>By Sergiu | Bodypump<br>By Wendy | Pilates<br>By Mounir | Bodypump<br>By Esther | | | | |
| 21:05 | Yin Yoga<br>By Letizia | Flow & Relax Yoga<br>By Daniela | Yin Yoga<br>By Iepke | | | | | |

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**Scan this QR code to download the Technogym app and book your spot in a group class.**

**Je kunt per week tot 5 groepslessen vooruit reserveren. You can book up to 5 group classes per week in advance.**

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