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 16 november 2026

TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	TIJD	ZATERDAG	ZONDAG
07:00		Total Body Workout By Natalia	Fresh Hyroxx By Seran		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	Bodyshape By Myrthe	Bodypump By Eshter	Bodyshape By Jessie	Bodyshape By Jessie	Outdoor Fun By Natalia	09:30	Kickboxing Basic By Seran	
10:00	Bodyshape By Myrthe	Mobility & Movement By Myrthe	Pilates By Jessie		Fresh Zumba By Magda	10:00		Bodypump By Esther
11:00	IYENGAR YOGA By Daniela		Brazilian Beats By Celestino		Bodyshape By Natalia	10:10	Outdoor Fun By Trainer	Outdoor Fun By Trainer
11:30		C.A.Yoga By Klaartje (75 min)				10:30	Bodypump By Esther	
12:00	Yoga & Strength By Daniela (75 min)			Vinyasa Yoga By Hellen	Mobility Basic By Kerstin	11:00		Bodyshape By Esther
12:15	BODY BASIC OUTDOOR By Daan		BODY BASIC OUTDOOR By Seran			11:30	Fresh Zumba By Esther	
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	12:10		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 min)	Yoga & Strength By Daniela
17:00	Fresh Zumba By Magda	Pilates Breathing By Dorit						
18:00	SPIVI CYCLING By Marieke	Fresh Kickboxing By Seran	Strong Back Pilates By Mounir	SPIVI Cycling By Sergio	Fresh Strength By Daan (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 Esther				
21:05	Yin Yoga By Letizia	Flow & Relax Yoga By Daniela	Yin Yoga By Iepke					

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