



Goals



Jouw gezondheid

AfvalLEN

1	Intake en Total Body Check	2	Circuittraining en Movement Screening
3	Basismovement en Circuit Core	4	Voeding
5	Circuit Kracht	6	Personal Training
7	Tone	8	Circuit Kettlebell

Week 8



Gymball

10 Hartslagtraining

12 Core

14 Coaching

16 SH'BAM

18 Powerbag

20 Body Step

22 Personal Training

24 Glute

26 Body Combat

28 Coaching

30 Bosu

32 HIIT

34 RPM

36 Mobilisatie

38 Coaching

40 Pull Up

42 Body & Mind

44 Cable Cross

46 Powerlifting

48 Body Pump

50 Coaching

52 Kettlebell

Week 22



Week 42

