

FITNESSTRAINER A

PLANNING START JULI 2023

WEEK	WEEK 22	WEEK 23	WEEK 24	WEEK 25	WEEK 26	WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32	WEEK 33	WEEK 34	WEEK 35	WEEK 36	WEEK 37	WEEK 38
AANKOMSTEN THEORIE	14-JUL																
THEORIE EXAMEN		WOENSDAG 15 JUL - THEORIE DINSDAG 16 JUL - THEORIE															
BEKENDING THEORIE EXAMEN				WOENSDAG 16 JUL - THEORIE DINSDAG 17 JUL - THEORIE													
PORTFOLIO BEKENDEN																	
PORTFOLIO BEKENDEN																	
WEEKDAGS PORTFOLIO																	
PORTFOLIO BEKENDEN																	
PRACHTLEK EXAMEN BEKENDEN																	
PRACHTLEK EXAMEN BEKENDEN																	
WEEKDAGS PORTFOLIO																	
BEKENDEN PORTFOLIO																	

FITNESSTRAINER A

PLANNING START SEPTEMBER 2023

WEEK	WEEK 34 19-20/08	WEEK 35	WEEK 36	WEEK 37	WEEK 38	WEEK 39	WEEK 40	WEEK 41	WEEK 42	WEEK 43	WEEK 44	WEEK 45	WEEK 46	WEEK 47	WEEK 48
WARM-UP/STRETCHING															
THEORIE/LESSEN			WARM-UP/STRETCHING WARM-UP/STRETCHING												
WARM-UP/STRETCHING				WARM-UP/STRETCHING WARM-UP/STRETCHING											
PROFIEL 1: INLEIDING							1								
PROFIEL 2: INLEIDING								1							
PROFIEL 3: INLEIDING									1						
PROFIEL 4: INLEIDING										1					
PROFIEL 5: INLEIDING											1				
PROFIEL 6: INLEIDING												1			
PROFIEL 7: INLEIDING													1		
PROFIEL 8: INLEIDING														1	
PROFIEL 9: INLEIDING															1
PROFIEL 10: INLEIDING															

FITNESSTRAINER A

PLANNING START NOVEMBER 2023

WEEK	WEEK 00	WEEK 01	WEEK 02	WEEK 03	WEEK 04	WEEK 05	WEEK 06	WEEK 07	WEEK 08	WEEK 09	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14
FAHREZEUGEN THEORIE	10-11-23														
BOORD LEREN			WEDDAG 15 NOVEMBER THEORIE EN VRIJDAG 16 NOVEMBER THEORIE												
HERKANSING 5-DEUR BOORD				WEDDAG 22 NOVEMBER THEORIE EN VRIJDAG 23 NOVEMBER THEORIE											
TOETSEL BOORDEN															
TOETSEL BOORD LEREN															
HERKANSING PORT 200															
PORT 200 - HERKANSING 200															
ALFA LACTEEREN OUPPEN															
ALFA LACTEEREN OUPPEN															
HERKANSING PORT 500															
BOORD LEREN 500															