Oefenschema Fit & Stralend

LEVEL 1

dag:	1	2	3	4	5	6	7	dag:	1	2	3	4	5	6	7	dag:	1	2	3	4	5	6	7
Week 1								Week 2								Week 3							

LEVEL 2

dag:	1	2	3	4	5	6	7	dag:	1	2	3	4	5	6	7	dag:	1	2	3	4	5	6	7
Week 4								Week 5								Week 6							

LEVEL 3

dag:	1	2	3	4	5	6	7	dag:	1	2	3	4	5	6	7	dag:	1	2	3	4	5	6	7
Week 7								Week 8								Week 9							

LEVEL 4

dag:	1	2	3	4	5	6	7	dag:	1	2	3	4	5	6	7	dag:	1	2	3	4	5	6	7
Week 10								Week 11								Week 12							