

Asana Program Kalender Beginners

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
1. □ Week 1: Beginners	2. □ Week 5: Beginners	3. □ Week 1: Korte Serie	4. □ Week 4: Beginners	5. □ Week 1: Beginners	6. □ Week 1: Korte Serie	7. □ Week 1: Intermediate
8. □ Week 4: Korte Serie	9. □ Week 2: Beginners	10. □ Week 2: Korte Serie	11. □ Week 7: Korte Serie	12. □ Week 7: Beginners	13. □ Les schouders (Kerst 2020)	14. □ Week 7: Intermediate
15. □ Week 2: Korte Serie	16. □ Week 5: Beginners	17. □ Week 2: Beginners	18. □ Week 6: Beginners	19. □ Week 6: Korte Serie	20. □ Week 5: Korte Serie	21. □ Week 6: Intermediate
22. □ Week 12: Beginners	23. □ Week 3: Beginners	24. □ Week 5: Beginners	25. □ Week 2: Beginners	26. □ Week 7: Beginners	27. □ Week 7: Korte Serie	28. □ Les schouders (Kerst 2020)