

THE FULL WEEK PROGRAM



HEALTH REPUBLIC - THE WEEK

FIND YOUR GREATNESS

MONDAY

06:00-08:00

test workout

18:00-20:00

yin-yoga (theme stress)
+ introduction workshop

TUESDAY

06:00-08:00

strength & conditioning
buddy-up workout

18:00-20:00

nature training @
Gaasperplas



WEDNESDAY

06:00-08:00

boxingclass

18:00-20:00

yin-yoga (theme
emotions) + masterclass:
how to get fit 100 years

THURSDAY

06:00-08:00

strength & conditioning
team workout

18:00-20:00

meditation workshop



FRIDAY

06:00-8:00

HAKA + early rave @
JACK

18:00-20:00

nature training @
Gaasperplas + burn your
old habits (campfire!)

SATURDAY

08:00-12:00

Beach workout and
mental coaching session
@ Zandvoort by STRKR

SUNDAY

08:00-12:00
get together workout +
writing your new
lifestyle plan

DAILY MENU

06:00 pre-workout
shake

07:30-08:00 healthy
breakfast

08:00-17:00 healthy
lunch & diner to go

18:00 pre-workout
motherfucker

20:00 recovery snack

A group of people are practicing yoga on a rooftop deck. They are in a lunge position with one arm extended forward. The deck has a wooden floor and a green semi-transparent overlay. In the background, there is a building with a 'Jupiler' sign and a string of colorful lights hanging from the ceiling.

'THE WEEK'

WWW.HEALTHREPUBLIC.AMSTERDAM

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