

Maandag wintertraining senioren 2025-2026

Maandag	20-okt	27-okt	3-nov	10-nov	17-nov	24-nov	1-dec	8-dec	15-dec	22-dec	29-dec	5-jan	12-jan	19-jan	26-jan	2-feb	9-feb	16-feb	23-feb	2-mrt	9-mrt
---------	--------	--------	-------	--------	--------	--------	-------	-------	--------	--------	--------	-------	--------	--------	--------	-------	-------	--------	--------	-------	-------

Dinsdag wintertraining senioren 2025-2026

Dinsdag	21-okt	28-okt	4-nov	11-nov	18-nov	25-nov	2-dec	9-dec	16-dec	23-jan	30-dec	6-jan	13-jan	20-jan	27-jan	3-feb	10-feb	17-feb	24-feb	3-mrt	10-mrt
---------	--------	--------	-------	--------	--------	--------	-------	-------	--------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	-------	--------

Woensdag wintertraining senioren 2025-2026

Woensdag	22-okt	29-okt	5-nov	12-nov	19-nov	26-nov	3-dec	10-dec	17-dec	24-dec	31-dec	7-jan	14-jan	21-jan	28-jan	4-feb	11-feb	18-feb	25-feb	4-mrt	11-mrt
----------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	-------	--------

Donderdag wintertraining senioren 2025-2026

Donderdag	23-okt	30-okt	6-nov	13-nov	20-nov	27-nov	4-dec	11-dec	18-dec	25-dec	1-jan	8-jan	15-jan	22-jan	29-jan	5-feb	12-feb	19-feb	26-feb	5-mrt	12-mrt
-----------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	-------	-------	--------	--------	--------	-------	--------	--------	--------	-------	--------

Vrijdag wintertraining senioren 2025-2026

Vrijdag	24-okt	31-okt	7-nov	14-nov	21-nov	28-nov	5-dec	12-dec	19-dec	26-dec	2-jan	9-jan	16-jan	23-jan	30-jan	6-feb	13-feb	20-feb	27-feb	6-mrt	13-mrt	20-mrt
---------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	-------	-------	--------	--------	--------	-------	--------	--------	--------	-------	--------	--------

Zaterdag wintertraining senioren 2025-2026

Zaterdag	25-okt	1-nov	8-nov	15-nov	22-nov	29-nov	6-dec	13-dec	20-dec	27-dec	3-jan	10-jan	17-jan	24-jan	31-jan	7-feb	14-feb	21-feb	28-feb	7-mrt	14-mrt
----------	--------	-------	-------	--------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	--------	-------	--------	--------	--------	-------	--------

Geen training

Inhaal training