

Data Zomertraining Senioren 2025 (17 x training)

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|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|--------|--------|--------|--------|--------|--------|--------|--------|-------|--------|--------|--------|-------|--------|--------|--------|--------|-------|--------|--------|
| Maandag | 31-mrt | 7-apr | 14-apr | 21-apr | 28-apr | 5-mei | 12-mei | 19-mei | 26-mei | 2-jun | 9-jun | 16-jun | 23-jun | 30-jun | 7-jul | 14-jul | 21-jul | 28-jul | 4-aug | 11-aug | 18-aug | 25-aug | 1-sep | 8-sep | 15-sep | 22-sep | 29-sep | 6-okt | 13-okt | 20-okt |
| Dinsdag | 1-apr | 8-apr | 15-apr | 22-apr | 29-apr | 6-mei | 13-mei | 20-mei | 27-mei | 3-jun | 10-jun | 17-jun | 24-jun | 1-jul | 8-jul | 15-jul | 22-jul | 29-jul | 5-aug | 12-aug | 19-aug | 26-aug | 2-sep | 9-sep | 16-sep | 23-sep | 30-sep | | | |
| Woensdag | 2-apr | 9-apr | 16-apr | 23-apr | 30-apr | 7-mei | 14-mei | 21-mei | 28-mei | 4-jun | 11-jun | 18-jun | 25-jun | 2-jul | 9-jul | 16-jul | 23-jul | 30-jul | 6-aug | 13-aug | 20-aug | 27-aug | 3-sep | 10-sep | 17-sep | 24-sep | | | | |
| Donderdag | 3-apr | 10-apr | 17-apr | 24-apr | 1-mei | 8-mei | 15-mei | 22-mei | 29-mei | 5-jun | 12-jun | 19-jun | 26-jun | 3-jul | 10-jul | 17-jul | 24-jul | 31-jul | 7-aug | 14-aug | 21-aug | 28-aug | 4-sep | 11-sep | 18-sep | 25-sep | 2-okt | 9-okt | | |
| Vrijdag | 4-apr | 11-apr | 18-apr | 25-apr | 2-mei | 9-mei | 16-mei | 23-mei | 30-mei | 6-jun | 13-jun | 20-jun | 27-jun | 4-jul | 11-jul | 18-jul | 25-jul | 1-aug | 8-aug | 15-aug | 22-aug | 29-aug | 5-sep | 12-sep | 19-sep | 26-sep | 3-okt | | | |
| Zaterdag | 5-apr | 12-apr | 19-apr | 26-apr | 3-mei | 10-mei | 17-mei | 24-mei | 31-mei | 7-jun | 14-jun | 21-jun | 28-jun | 5-jul | 12-jul | 19-jul | 26-jul | 2-aug | 9-aug | 16-aug | 23-aug | 30-aug | 6-sep | 13-sep | 20-sep | 27-sep | | | | |

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| Geen training |
| Inhaal training |