

Trainingsschema 2023-2024 A Groep				
Week	september	datum	tijd	Locatie
37	MA	11-9-2023	7:30 - 8:30	De Sporthal/Krachtraining
37	DI	12-9-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
37	DO	14-9-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
38	MA	18-9-2023	7:30 - 8:30	De Sporthal/Krachtraining
38	DI	19-9-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
38	DO	21-9-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
39	MA	25-9-2023	7:30 - 8:30	De Sporthal/Krachtraining
39	DI	26-9-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
39	DO	28-9-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
Week	oktober	datum	tijd	hal
40	MA	2-10-2023	7:30 - 8:30	De Sporthal/Krachtraining
40	DI	3-10-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
40	DO	5-10-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
41	MA	9-10-2023	7:30 - 8:30	De Sporthal/Krachtraining
41	DI	10-10-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
41	DO	12-10-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
42	MA	16-10-2023	7:30 - 8:30	De Sporthal/Krachtraining
42	DI	17-10-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
42	DO	19-10-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
43	MA	23-10-2023	Herfstvakantie	
43	DI	24-10-2023	Herfstvakantie	
43	DO	26-10-2023	Herfstvakantie	
44	MA	30-10-2023	7:30 - 8:30	De Sporthal/Krachtraining
44	DI	31-10-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
Week	november	datum	tijd	hal
44	DO	2-11-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
45	MA	6-11-2023	7:30 - 8:30	De Sporthal/Krachtraining
45	DI	7-11-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
45	DO	9-11-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
46	MA	13-11-2023	7:30 - 8:30	De Sporthal/Krachtraining
46	DI	14-11-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
46	DO	16-11-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
47	MA	20-11-2023	7:30 - 8:30	De Sporthal/Krachtraining
47	DI	21-11-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
47	DO	23-11-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
48	MA	27-11-2023	7:30 - 8:30	De Sporthal/Krachtraining
48	DI	28-11-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
48	DO	30-11-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
Week	december	datum	tijd	hal
49	MA	4-12-2023	7:30 - 8:30	De Sporthal/Krachtraining
49	DI	5-12-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
49	DO	7-12-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
50	MA	11-12-2023	7:30 - 8:30	De Sporthal/Krachtraining
50	DI	12-12-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
50	DO	14-12-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
51	MA	18-12-2023	7:30 - 8:30	De Sporthal/Krachtraining
51	DI	19-12-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
51	DO	21-12-2023	7:30 - 9:00	lisper Topsporthal/Baltraining

52	MA	25-12-2023	Kerstvakantie
52	DI	26-12-2023	Kerstvakantie
52	WO	27-12-2023	Kerstvakantie
52	DO	28-12-2023	Kerstvakantie

Week	januari	datum	tijd	hal
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1	MA	1-1-2024	Kerstvakantie	
1	DI	2-1-2024	Kerstvakantie	
1	DO	4-1-2024	Kerstvakantie	
2	MA	8-1-2024	7:30 - 8:30	De Sporthal/Krachttraining
2	DI	9-1-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
2	DO	11-1-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
3	MA	15-1-2024	7:30 - 8:30	De Sporthal/Krachttraining
3	DI	16-1-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
3	DO	18-1-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
4	MA	22-1-2024	7:30 - 8:30	De Sporthal/Krachttraining
4	DI	23-1-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
4	DO	25-1-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
5	MA	29-1-2024	7:30 - 8:30	De Sporthal/Krachttraining
5	DI	30-1-2024	7:30 - 9:00	lisper Topsporthal/Baltraining

Week	februari	datum	tijd	hal
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5	DO	1-2-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
6	MA	5-2-2024	7:30 - 8:30	De Sporthal/Krachttraining
6	DI	6-2-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
6	DO	8-2-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
7	MA	12-2-2024	7:30 - 8:30	De Sporthal/Krachttraining
7	DI	13-2-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
7	DO	15-2-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
8	MA	19-2-2024	Voorjaarsvakantie	
8	DI	20-2-2024	Voorjaarsvakantie	
8	DO	22-2-2024	Voorjaarsvakantie	
9	MA	26-2-2024	7:30 - 8:30	De Sporthal/Krachttraining
9	DI	27-2-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
9	DO	29-2-2024	7:30 - 9:00	lisper Topsporthal/Baltraining

Week	maart	datum	tijd	hal
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10	MA	4-3-2024	7:30 - 8:30	De Sporthal/Krachttraining
10	DI	5-3-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
10	DO	7-3-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
11	MA	11-3-2024	7:30 - 8:30	De Sporthal/Krachttraining
11	DI	12-3-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
11	DO	14-3-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
12	MA	18-3-2024	7:30 - 8:30	De Sporthal/Krachttraining
12	DI	19-3-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
12	DO	21-3-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
13	MA	25-3-2024	7:30 - 8:30	De Sporthal/Krachttraining
13	DI	26-3-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
13	DO	28-3-2024	7:30 - 9:00	lisper Topsporthal/Baltraining

Week	april	datum	tijd	hal
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14	MA	1-4-2024	2e Paasdag	
14	DI	2-4-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
14	DO	4-4-2024	7:30 - 9:00	lisper Topsporthal/Baltraining

15	MA	8-4-2023	7:30 - 8:30	De Sporthal/Krachttraining
15	DI	9-4-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
15	DO	11-4-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
16	MA	15-4-2023	7:30 - 8:30	De Sporthal/Krachttraining
16	DI	16-4-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
16	DO	18-4-2023	7:30 - 9:00	lisper Topsporthal/Baltraining
17	MA	22-4-2024	7:30 - 8:30	De Sporthal/Krachttraining
17	DI	23-4-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
17	DO	25-4-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
18	MA	29-4-2024	Meivakantie	
18	DI	30-4-2024	Meivakantie	

Week	mei	datum	tijd	hal
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18	DO	2-5-2024	Meivakantie	
19	MA	6-5-2024	Meivakantie	
19	DI	7-5-2024	Meivakantie	
19	DO	9-5-2024	Meivakantie	
20	MA	13-5-2024	7:30 - 8:30	De Sporthal/Krachttraining
20	DI	14-5-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
20	DO	16-5-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
21	MA	20-5-2024	7:30 - 8:30	De Sporthal/Krachttraining
21	DI	21-5-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
21	DO	23-5-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
22	MA	27-5-2024	7:30 - 8:30	De Sporthal/Krachttraining
22	DI	28-5-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
22	DO	30-5-2024	7:30 - 9:00	lisper Topsporthal/Baltraining

Week	juni	datum	tijd	hal
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23	MA	3-6-2024	7:30 - 8:30	De Sporthal/Krachttraining
23	DI	4-6-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
23	DO	6-6-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
24	MA	10-6-2024	7:30 - 8:30	De Sporthal/Krachttraining
24	DI	11-6-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
24	DO	13-6-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
25	MA	17-6-2024	7:30 - 8:30	De Sporthal/Krachttraining
25	DI	18-6-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
25	DO	20-6-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
26	MA	24-6-2024	7:30 - 8:30	De Sporthal/Krachttraining
26	DI	25-6-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
26	DO	27-6-2024	7:30 - 9:00	lisper Topsporthal/Baltraining

Week	juli	datum	tijd	hal
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27	MA	1-7-2024	7:30 - 8:30	De Sporthal/Krachttraining
27	DI	2-7-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
27	DO	4-7-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
28	MA	5-7-2024	7:30 - 8:30	De Sporthal/Krachttraining
28	DI	9-7-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
28	DO	11-7-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
29	MA	15-7-2024	7:30 - 8:30	De Sporthal/Krachttraining
29	DI	16-7-2024	7:30 - 9:00	lisper Topsporthal/Baltraining
29	DO	18-7-2024	7:30 - 9:00	lisper Topsporthal/Baltraining