

2023 July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26 7-8u: Swim Geerdegem Training/Comp 17-18u: Swim Geerdegem Ini/Dev/Recrea	27 19-20 Run Hofstade Ini / Dev/Recrea / Training / Comp	28 7-8u: Swim Geerdegem Dev/Training/Comp 15-17u Bike Ini/Dev/Recrea/Train ing	29 19u-20u30 Swim Nekker Ini/Dev 19-21 Swim Hazewinkel Training/Comp	30 19-20u30 Swim Nekker Comp/TT	01 Wedstrijd Kinrooi	02 19-21 Swim Hazewinkel
03	04	05 7-8u: Swim Geerdegem Comp/TT	06 19-21 Swim Hazewinkel Training/Comp	07 19-20u30 Swim Nekker Comp/TT	08 15u-16u30 Swim Nekker Comp/TT	09 Wedstrijd Willebroek
10	11	12 7-8u: Swim Geerdegem Comp/TT	13 19-21 Swim Hazewinkel Training/Comp	14 19-20u30 Swim Nekker Comp/TT	15 15u-16u30 Swim Nekker Comp/TT	16 19-21 Swim Hazewinkel
17	18	19 7-8u: Swim Geerdegem Comp/TT	20 19-21 Swim Hazewinkel Training/Comp	21 Nekker Gesloten 19-20u30 Swim Nekker Comp/TT	22 Zomerstage Training/Competition 15u-16u30 Swim Nekker Comp/TT	23 Zomerstage Training/Competition 19-21 Swim Hazewinkel
24 Zomerstage Training/Competition	25 Zomerstage Training/Competition	26 Zomerstage Training/Competition 7-8u: Swim Geerdegem Comp/TT	27 Zomerstage Training/Competition 19-21 Swim Hazewinkel Training/Comp	28 Zomerstage Training/Competition 19-20u30 Swim Nekker Comp/TT	29 Zomerstage Training/Competition 15u-16u30 Swim Nekker Comp/TT 13u30-14u45 Swim Nekker Dev/Training	30 10-11 Run Hofstade Dev/Training/Comp 17-19u Swim Hazewinkel: all
31 Zomerkamp Initiation/Development /Recreation	01					

2023 August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	01 Zomerkamp Initiation/Development /Recreation	02 Zomerkamp Initiation/Development /Recreation 7-8u: Swim Geerdegem Training/Comp/TT 16-18u Bike training Dev/training	03 Zomerkamp Initiation/Development /Recreation 19-21 Swim Hazewinkel Training/Comp	04 Zomerkamp Initiation/Development /Recreation 19-20u30 Swim Nekker Comp/TT	05 15u-16u30 Swim Nekker Comp/TT 13u30-14u45 Swim Nekker Dev/Training	06 10-11 Run Hofstade Dev/Training/Comp 17-19u Swim Hazewinkel: all
07	08 19-20 Run Hofstade Dev/Training/Comp	09 7-8u: Swim Geerdegem Training/Comp/TT 16-18u Bike training Dev/training	10 19-21 Swim Hazewinkel Training/Comp	11 19-20u30 Swim Nekker Comp/TT	12 15u-16u30 Swim Nekker Comp/TT 13u30-14u45 Swim Nekker Dev/Training	13 10-11 Run Hofstade Dev/Training/Comp 17-19u Swim Hazewinkel: all
14	15 Nekker gesloten 19-20 Run Hofstade Dev/Training/Comp	16 7-8u: Swim Geerdegem Training/Comp/TT 16-18u Bike training Dev/training	17 19-21 Swim Hazewinkel Training/Comp	18 19-20u30 Swim Nekker Comp/TT	19 Clubkampioenschap	20 10-11 Run Hofstade Dev/Training/Comp 17-19u Swim Hazewinkel: all
21	22 19-20 Run Hofstade Dev/Training/Comp	23 7-8u: Swim Geerdegem Training/Comp/TT 16-18u Bike training Dev/training	24 19-21 Swim Hazewinkel Training/Comp	25 19-20u30 Swim Nekker Comp/TT	26 15u-16u30 Swim Nekker Comp/TT 13u30-14u45 Swim Nekker Dev/Training	27 10-11 Run Hofstade Dev/Training/Comp 17-19u Swim Hazewinkel: all
28	29 19-20 Run Hofstade Dev/Training/Comp	30 7-8u: Swim Geerdegem Training/Comp/TT 16-18u Bike training Dev/training	31 19-21 Swim Hazewinkel Training/Comp	01 19-20u30 Swim Nekker Comp/TT	02 15u-16u30 Swim Nekker Comp/TT 13u30-14u45 Swim Nekker Dev/Training	03 10-11 Run Hofstade Ini / Recrea/Dev/ Training/Comp 17-19u Swim Hazewinkel: all