

2023 July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26 7-8u: Swim Geerdegem 20u30-22u: Swim Nekker V3 20u-22u: Swim Michiels V1	27 19-20 Run Nekker Volwassenen 19-20.30 Swim Geerdegem V2	28	29 18-21 Swim Hazewinkel	30 20u30-22uSwim Nekker Iedereen	01	02 8.30-12 Fietstraining 17-19 Swim Hazewinkel Wedstrijd Kinrooi
03 20u30-22u: Swim Nekker Iedereen	04 19-20 Run Hofstade Volwassenen	05	06 18-21 Swim Hazewinkel 20u30-22u: Swim Nekker Start to	07 20u30-22uSwim Nekker Iedereen	08	09 8.30-12 Fietstraining Wedstrijd Willebroek
10 20u30-22u: Swim Nekker Iedereen	11 19-20 Run Hofstade Volwassenen	12	13 18-21 Swim Hazewinkel 20u30-22u: Swim Nekker Start to	14 20u30-22uSwim Nekker Iedereen	15	16 8.30-12 Fietstraining 17-19 Swim Hazewinkel
17 20u30-22u: Swim Nekker Iedereen	18 19-20 Run Hofstade Volwassenen	19	20 18-21 Swim Hazewinkel 20u30-22u: Swim Nekker Start to	21 Nekker Gesloten	22	23 8.30-12 Fietstraining 17-19 Swim Hazewinkel
24 20u30-22u: Swim Nekker Iedereen	25 19-20 Run Hofstade Volwassenen	26	27 18-21 Swim Hazewinkel 20u30-22u: Swim Nekker Start to	28 20u30-22uSwim Nekker Iedereen	29	30 8.30-12 Fietstraining 17-19 Swim Hazewinkel
31 20u30-22u: Swim Nekker Iedereen	01 19-20 Run Hofstade Volwassenen					

2023 August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	01 19-20 Run Hofstade Volwassenen	02	03 18-21 Swim Hazewinkel 20u30-22u: Swim Nekker Start to	04 20u30-22uSwim Nekker Iedereen	05	06 8.30-12 Fietstraining 17-19 Swim Hazewinkel
07 20u30-22u: Swim Nekker Iedereen	08 19-20 Run Hofstade Volwassenen	09	10 18-21 Swim Hazewinkel 20u30-22u: Swim Nekker Start to	11 20u30-22uSwim Nekker Iedereen	12	13 8.30-12 Fietstraining 17-19 Swim Hazewinkel
14 20u30-22u: Swim Nekker Iedereen	15 Nekker gesloten 19-20 Run Hofstade Volwassenen	16	17 18-21 Swim Hazewinkel 20u30-22u: Swim Nekker Start to	18 20u30-22uSwim Nekker Iedereen	19 Clubkampioenschap	20 8.30-12 Fietstraining 17-19 Swim Hazewinkel Wedstrijd Sint-Niklaas
21 20u30-22u: Swim Nekker Iedereen	22 19-20 Run Hofstade Volwassenen	23	24 18-21 Swim Hazewinkel 20u30-22u: Swim Nekker Start to	25 20u30-22uSwim Nekker Iedereen	26	27 8.30-12 Fietstraining
28 20u30-22u: Swim Nekker Iedereen	29 19-20 Run Hofstade Volwassenen	30	31 18-21 Swim Hazewinkel 20u30-22u: Swim Nekker Start to	01 20u30-22uSwim Nekker Iedereen	02	03 8.30-12 Fietstraining 17-19 Swim Hazewinkel