

Data wintertraining 2018-2019

Dag	Oktober	November	December	Januari	Februari	Maart
Maandag	1, 8, 15,29	5, 12, 19, 26	3, 10, 17	7, 14, 21, 28	4, 11, 25	4, 11
Dinsdag	2, 9, 16, 30	6, 13, 20, 27	4, 11, 18	8, 15, 22, 29	5, 12, 26	5, 12
Woensdag	3, 10,17, 31	7,14, 21, 28	5, 12, 19	9, 16, 23, 30	6, 13, 27	6, 13
Donderdag	4, 11, 18	1, 8, 15, 22, 29	6, 13, 20	10, 17, 24, 31	7, 14, 28	7, 14
Vrijdag	5, 12, 19	2, 9, 16, 23, 30	7, 14, 21	11, 18, 25	8	1, 8, 15
Zaterdag	6, 13	3, 10, 17, 24	1, 8, 15, 22	5, 12, 19, 26	9	2, 9, 16
Zondag	7, 14	4, 11, 18, 25	2, 9, 16, 23	6, 13, 20, 27	10	3, 10, 17