

| Dag | Datum | Training | Locatie | Start | Einde |
|-----|------------|------------|------------------|-------|-------|
| Vr | 1/02/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Ma | 4/02/2019 | Mobiliteit | Judozaal Avelgem | 20.00 | 21.00 |
| Wo | 6/02/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Vr | 8/02/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Ma | 11/02/2019 | Mobiliteit | Judozaal Avelgem | 20.00 | 21.00 |
| Wo | 13/02/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Vr | 15/02/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Ma | 18/02/2019 | Mobiliteit | Judozaal Avelgem | 20.00 | 21.00 |
| Wo | 20/02/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Vr | 22/02/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Ma | 25/02/2019 | Mobiliteit | Judozaal Avelgem | 20.00 | 21.00 |
| Wo | 27/02/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |