

Dag	Datum	Training	Niveau	Locatie	Start	Einde
Wo	4/10/2023	Looptraining	Al	AP Zwevegem	16u00	17u30
Do	5/10/2023	Omnisport	2011 - 2012	Kappaert	19u00	20u00
Za	7/10/2023	MTB training	All	SH Avelgem	09u30	11u00
Zo	8/10/2023	Run & bike		SH Avelgem	09u00	10u30
Wo	11/10/2023	Looptraining	Al	AP Zwevegem	16u00	17u30
Do	12/10/2023	Omnisport	2011 - 2012	Kappaert	19u00	20u00
Za	14/10/2023	MTB training	All	SH Avelgem	09u30	11u00
Zo	15/10/2023	MTB Kriere route		SH Avelgem	09u00	11u00
Wo	18/10/2023	Looptraining	Al	AP Zwevegem	16u00	17u30
Do	19/10/2023	Omnisport	2011 - 2012	Kappaert	19u00	20u00
Za	21/10/2023	MTB training	All	SH Avelgem	09u30	11u00
Zo	22/10/2023	Indoor omnisport		SH Avelgem	09u00	10u30
Wo	25/10/2023	Looptraining	Al	AP Zwevegem	16u00	17u30
Do	26/10/2023	Omnisport	2011 - 2012	Kappaert	19u00	20u00
Za	28/10/2023	MTB training	All	SH Avelgem	09u30	11u00
Zo	29/10/2023	Trailrun		Kluisbos	09u00	10u30