

july 2010

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
11	week 27/day 179 28 V(9h30-11h30) A	day 180 29 V(9h30-11h30) MO	day 181 30 V(9h30-11h30) A	day 182 1 V(9h30-11h30) MO	day 183 2 V(9h30-11h30) Me	day 184 3 V Kr	day 185 4
	cond (gymzaal)	theorie	kracht	theorie	cond (gymzaal)		
11	week 28/day 186 5 V(9h30-11h30) A	day 187 6 V(9h30-11h30) Ku	day 188 7 V(9h30-11h30) A	day 189 8 V(8h-10h) Ku	day 190 9 V(9h30-11h30) Me	day 191 10 V Kr	day 192 11
	cond (gymzaal)	theorie	kracht	theorie	cond (gymzaal)		
11	week 29/day 193 12 V(9h30-11h30) A	day 194 13 V(9h30-11h30) Ku	day 195 14 V(9h30-11h30) A	day 196 15 V(8h-10h) Ku	day 197 16 V(9h30-11h30) Me	day 198 17 V Kr	day 199 18
	cond (gymzaal)	theorie	kracht	theorie	cond (gymzaal)		
9	week 30/day 200 19 V(9h30-11h30) A	day 201 20 V(9h30-11h30) Ku	day 202 21	day 203 22 V(9h30-11h30) Ku	day 204 23 V(9h30-11h30) Me	day 205 24 V Kr	day 206 25
	cond (gymzaal)				BK-Z 11-14j	BK-Z 11-14j	BK-Z 11-14j
4	week 31/day 207 26 V(9h30-11h30)	day 208 27 V(9h30-11h30)	day 209 28 V(9h30-11h30)	day 210 29 V(9h30-11h30)	day 211 30	day 212 31	day 213 1
	cond (gymzaal)		theorie		BK-Z 15J-	BK-Z 15J-	BK-Z 15J-

notes: tot 16 juli maar 4 banen beschikbaar wegens zwemlessen