



Heinerman Tennis - lesweekrooster Lockhorst Padel - Zomer 2023

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Pakket 17 lessen: ma t/m zon
 Pakket 8 lessen: ma t/m zon
 Try-out lessen: ma t/m zon

	Training
	Geen training
	Inhaal

	Week 13							Week 14							Week 15							
	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	
17- lessen pakket	27-3	28-3	29-3	30-3	31-3	1-4	2-4	3-4	4-4	5-4	6-4	7-4	8-4	9-4	10-4	11-4	12-4	13-4	14-4	15-4	16-4	
8-lessen pakket - 1															PASEN							
5x Try-out Blok 1																						
	Week 16							Week 17							Week 18							
	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	
17- lessen pakket	17-4	18-4	19-4	20-4	21-4	22-4	23-4	24-4	25-4	26-4	27-4	28-4	29-4	30-4	1-5	2-5	3-5	4-5	5-5	6-5	7-5	
8-lessen pakket - 1										K-DAG					MEI VAKANTIE							
5x Try-out Blok 1																						
	Week 19							Week 20							Week 21							
	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	
17- lessen pakket	8-5	9-5	10-5	11-5	12-5	13-5	14-5	15-5	16-5	17-5	18-5	19-5	20-5	21-5	22-5	23-5	24-5	25-5	26-5	27-5	28-5	
8-lessen pakket - 1																						
5x Try-out Blok 1 + 2																						PINK
	Week 22							Week 23							Week 24							
	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	
17- lessen pakket	29-5	30-5	31-5	1-6	2-6	3-6	4-6	5-6	6-6	7-6	8-6	9-6	10-6	11-6	12-6	13-6	14-6	15-6	16-6	17-6	18-6	
8-lessen pakket - 1 en 2	PINK																					
5x Try-out Blok 2																						
	Week 25							Week 26							Week 27							
	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	
17- lessen pakket	19-6	20-6	21-6	22-6	23-6	24-6	25-6	26-6	27-6	28-6	29-6	30-6	1-7	2-7	3-7	4-7	5-7	6-7	7-7	8-7	9-7	
8-lessen pakket - 2																						
5x Try-out Blok 2 + 3																						
	Week 28							Week 29							Week 30							
	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	
17- lessen pakket	10-7	11-7	12-7	13-7	14-7	15-7	16-7	17-7	18-7	19-7	20-7	21-7	22-7	23-7	24-7	25-7	26-7	27-7	28-7	29-7	30-7	
8-lessen pakket - 2	ZOMERVAKANTIE																					
5x Try-out Blok 3	ZOMERVAKANTIE																					
	Week 31							Week 32							Week 33							
	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	
17- lessen pakket	31-7	1-8	2-8	3-8	4-8	5-8	6-8	7-8	8-8	9-8	10-8	11-8	12-8	13-8	14-8	15-8	16-8	17-8	18-8	19-8	20-8	
8-lessen pakket - 2	ZOMERVAKANTIE																					
5x Try-out Blok 3	ZOMERVAKANTIE																					
	Week 34							Week 35							Week 36							
	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	
17- lessen pakket	21-8	22-8	23-8	24-8	25-8	26-8	27-8	28-8	29-8	30-8	31-8	1-9	2-9	3-9	4-9	5-9	6-9	7-9	8-9	9-9	10-9	
8-lessen pakket - 2																						
5x Try-out Blok 3																						
	Week 37							Week 38							Week 39							
	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	ma	di	wo	do	vr	za	zo	
17- lessen pakket	11-9	12-9	13-9	14-9	15-9	16-9	17-9	18-9	19-9	20-9	21-9	22-9	23-9	24-9	25-9	26-9	27-9	28-9	29-9	30-9	1-10	
8-lessen pakket - 2															START WINTERSEIZOEN - NIEUW ROOSTER							
5x Try-out Blok 3															START WINTERSEIZOEN - NIEUW ROOSTER							