



Heinerman Tennis - lesweekrooster Padel33 - Zomer 2023

Trainer: Steven Gilberts | M: steven@heinermantennis.nl | T: 06-54681716
 Trainer: Rik Stam | M: steven@heinermantennis.nl | T: 06-53302683
 Trainer: Ruud Bugel | info@heinermanpadel.nl | T: 06-54717193

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
	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
17- lessen pakket																					
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
	17-4	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
17- lessen pakket																					
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
	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
17- lessen pakket																					
8-lessen pakket - 1																					PINK
5x Try-out Blok 1 + 2																					
	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
	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
17- lessen pakket																					
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
	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
17- lessen pakket																					
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
	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
17- lessen pakket																					
8-lessen pakket - 2	ZOMERVAKANTIE																				
5x Try-out Blok 3																					
	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
	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
17- lessen pakket																					
8-lessen pakket - 2	ZOMERVAKANTIE																				
5x Try-out Blok 3																					
	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
	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
17- lessen pakket																					
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
	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
17- lessen pakket																					
8-lessen pakket - 2															START WINTERSEIZOEN - NIEUW ROOSTER						
5x Try-out Blok 3																					