

| Voorjaarstraining (15 lessen) | | | | |
|-------------------------------|--------|--------|--------|------------------------|
| Weeknr | data | | | Reden |
| 10 | 6-mrt | 7-mrt | 8-mrt | |
| 11 | 13-mrt | 14-mrt | 15-mrt | |
| 12 | 20-mrt | | | Gemeentelijke toernooi |
| 13 | 27-mrt | 28-mrt | 29-mrt | |
| 14 | 3-apr | 4-apr | 5-apr | |
| 15 | 10-apr | 11-apr | 12-apr | |
| 16 | | 18-apr | 19-apr | 2e paasdag |
| 17 | 24-apr | 25-apr | 26-apr | |
| 18 | 1-mei | 2-mei | 3-mei | |
| 19 | 8-mei | 9-mei | 10-mei | |
| 20 | 15-mei | 16-mei | 17-mei | |
| 21 | 22-mei | 23-mei | 24-mei | |
| 22 | 29-mei | 30-mei | 31-mei | |
| 23 | | 6-jun | 7-jun | 2e pinksterdag |
| 24 | 12-jun | | | clubkampioenschappen |
| 25 | 19-jun | 20-jun | 21-jun | |
| 26 | 26-jun | 27-jun | 28-jun | |
| 27 | 3-jul | 4-jul | 5-jul | Inhaalweek |
| 28 | | | | Edos Trope Ope |
| 29 | 17-jul | 18-jul | 19-jul | Inhaalweek |

| Najaarstraining (12 lessen) | | | | |
|-----------------------------|--------|--------|--------|----------------------|
| Weeknr | data | | | Reden |
| 36 | 4-sep | 5-sep | 6-sep | |
| 37 | 11-sep | 12-sep | 13-sep | |
| 38 | 18-sep | 19-sep | 20-sep | |
| 39 | | 26-sep | | clubkampioenschappen |
| 40 | | | | clubkampioenschappen |
| 41 | 9-okt | 10-okt | 11-okt | |
| 42 | 16-okt | 17-okt | 18-okt | |
| 43 | 23-okt | 24-okt | 25-okt | |
| 44 | 30-okt | 31-okt | 1-nov | |
| 45 | 6-nov | 7-nov | 8-nov | |
| 46 | 13-nov | 14-nov | 15-nov | |
| 47 | 20-nov | 21-nov | 22-nov | |
| 48 | 27-nov | 28-nov | 29-nov | |
| 49 | 4-dec | | 6-dec | Sinterklaas |
| 50 | 11-dec | 12-dec | 13-dec | inhaalweek |
| 51 | 18-dec | 19-dec | 20-dec | inhaalweek |