

Oefenprogram VPU 2025**"Sprint" Wedvlugprogram VPU 2025**

Week	Plek	Lai datum	Los datum		Plek	Lai datum	Los datum
Oefen Wedvlug	Venterburg	23/05/2025	24/05/2025				
Pret Wedvlug	Brandfort	30/05/2025	31/05/2025				
Week 1	Winburg	05/06/2025	06/06/2025		Winburg	05/06/2025	06/06/2025
Week 2	Theunissen	12/06/2025	13/06/2025		Theunissen	12/06/2025	13/06/2025
Week 3	Bloemfontein	19/06/2025	20/06/2025		Bloemfontein	19/06/2025	20/06/2025
Week 4	Brandfort	26/06/2025	27/06/2025		Brandfort	26/06/2025	27/06/2025
Week 5	Bloemfontein	03/07/2025	04/07/2025		Bloemfontein	03/07/2025	04/07/2025
Week 6	Winburg	10/07/2025	11/07/2025		Winburg	10/07/2025	11/07/2025
Week 7	Bloemfontein	17/07/2025	18/07/2025		Bloemfontein	17/07/2025	18/07/2025
Week 8	Brandfort	24/07/2025	25/07/2025		Brandfort	24/07/2025	25/07/2025
Week 9	Bloemfontein	31/07/2025	01/08/2025		Bloemfontein	31/07/2025	01/08/2025
Week 10	Brandfort	07/08/2025	08/08/2025		Brandfort	07/08/2025	08/08/2025
Week 11	Theunissen	14/08/2025	15/08/2025		Theunissen	14/08/2025	15/08/2025
Week 12	Bloemfontein	21/08/2025	22/08/2025		Bloemfontein	21/08/2025	22/08/2025