

# TRAININGS SCHEMA SEIZOEN 2018-2019

VERSIE 26 OKTOBER 2018

Maandag	VELD				Maandag	VELD				Maandag
	1a	1b	1c	1d		5a	5b	5c	5d	
17.00-17.15	O8-1	O8-2	O9-1	O9-2	17.00-17.15					17.00-17.15
17.15-17.30					17.15-17.30					17.15-17.30
17.30-17.45					17.30-17.45					17.30-17.45
17.45-18.00					17.45-18.00					17.45-18.00
18.00-18.15	O10-1	O11-1	O11-2	O11-3	18.00-18.15	O10-3	O11-4	KEEPERSTRAINING		18.00-18.15
18.15-18.30					18.15-18.30					18.15-18.30
18.30-18.45					18.30-18.45			18.30-18.45		
18.45-19.00					18.45-19.00			18.45-19.00		
19.00-19.15	O13-1 -O14-1 - O15-1				19.00-19.15	O13-5	O15-3	O13-4	MO13-1	19.00-19.15
19.15-19.30					19.15-19.30					19.15-19.30
19.30-19.45					19.30-19.45					19.30-19.45
19.45-20.00					19.45-20.00					19.45-20.00
20.00-20.15					20.00-20.15					20.00-20.15
20.15-20.30	OVERIGE SENIOREN	O19-1			20.15-20.30	SENIOREN SELECTIE				20.15-20.30
20.30-20.45					20.30-20.45					20.30-20.45
20.45-21.00					20.45-21.00					20.45-21.00
21.00-21.15					21.00-21.15					21.00-21.15
21.15-21.30					21.15-21.30					21.15-21.30
21.30-21.45					21.30-21.45					21.30-21.45
21.45-22.00					21.45-22.00					21.45-22.00
21.45-22.00					21.45-22.00					21.45-22.00

	VELD					VELD				
Dinsdag	1a	1b	1c	1d	Dinsdag	5a	5b	5c	5d	Dinsdag
17.00-17.15	O10-2				17.00-17.15		O9-5			17.00-17.15
17.15-17.30					17.15-17.30					17.15-17.30
17.30-17.45					17.30-17.45					17.30-17.45
17.45-18.00					17.45-18.00					17.45-18.00
18.00-18.15	O17-4		O12-1	O15-4	18.00-18.15	O13-2	O13-3	MO11-1	O15-2	18.00-18.15
18.15-18.30					18.15-18.30					18.15-18.30
18.30-18.45					18.30-18.45					18.30-18.45
18.45-19.00					18.45-19.00					18.45-19.00
19.00-19.15	O16-1	MO17-1		O17-1	19.00-19.15	MO15-1	O17-2	O15-5	O15-6	19.00-19.15
19.15-19.30					19.15-19.30					19.15-19.30
19.30-19.45					19.30-19.45					19.30-19.45
19.45-20.00					19.45-20.00					19.45-20.00
20.00-20.15	DAMES 1		SENIOREN 3		20.00-20.15	MO17-2		O17-3		20.00-20.15
20.15-20.30					20.15-20.30					20.15-20.30
20.30-20.45					20.30-20.45					20.30-20.45
20.45-21.00					20.45-21.00					20.45-21.00
21.00-21.15	DAMES 1		SENIOREN 3		21.00-21.15			O19-2		21.00-21.15
21.15-21.30					21.15-21.30					21.15-21.30
21.30-21.45					21.30-21.45					21.30-21.45
21.45-22.00					21.45-22.00					21.45-22.00

	VELD					VELD						
Woensdag	1a	1b	1c	1d	Woensdag	5a	5b	5c	5d	Woensdag		
16.00-16.15	Champions League - O8-3 - O8-4				16.00-16.15					16.00-16.15		
16.15-16.30					16.15-16.30							16.15-16.30
16.30-16.45					16.30-16.45							16.30-16.45
16.45-17.00					16.45-17.00							16.45-17.00
17.00-17.15	O9-3 - O9-6 - O97		O10-3	O11-6	17.00-17.15					17.00-17.15		
17.15-17.30					17.15-17.30	O8-1	O8-2	O9-1	O9-2	17.15-17.30		
17.30-17.45					17.30-17.45					17.30-17.45		
17.45-18.00					17.45-18.00					17.45-18.00		
18.00-18.15	O11-5	O11-3	O10-4	O11-7	18.00-18.15					18.00-18.15		
18.15-18.30					18.15-18.30	O10-1	O11-4	O11-2	O11-1	18.15-18.30		
18.30-18.45					18.30-18.45					18.30-18.45		
18.45-19.00					18.45-19.00					18.45-19.00		
19.00-19.15	O13-5		KEEPERSTRAINING		19.00-19.15	O15-1				19.00-19.15		
19.15-19.30					19.15-19.30							19.15-19.30
19.30-19.45					19.30-19.45							19.30-19.45
19.45-20.00					19.45-20.00							19.45-20.00
20.00-20.15	SENIOREN SELECTIE		O19-1		20.00-20.15	SENIOREN SELECTIE				20.00-20.15		
20.15-20.30					20.15-20.30							20.15-20.30
20.30-20.45					20.30-20.45							20.30-20.45
20.45-21.00					20.45-21.00							20.45-21.00
21.00-21.15					21.00-21.15							21.00-21.15
21.15-21.30					21.15-21.30							21.15-21.30
21.30-21.45					21.30-21.45							21.30-21.45
21.45-22.00					21.45-22.00							21.45-22.00

Donderdag	VELD				Donderdag	VELD				Donderdag
	1a	1b	1c	1d		5a	5b	5c	5d	
17.00-17.15					17.00-17.15					17.00-17.15
17.15-17.30					17.15-17.30	O10-2	O9-4			17.15-17.30
17.30-17.45				17.30-17.45	17.30-17.45					
17.45-18.00				17.45-18.00	17.45-18.00					
18.00-18.15	O12-2	O13-1	O17-2		18.00-18.15	O12-3	O12-1	O14-1		18.00-18.15
18.15-18.30					18.15-18.30					18.15-18.30
18.30-18.45					18.30-18.45					18.30-18.45
18.45-19.00					18.45-19.00					18.45-19.00
19.00-19.15				19.00-19.15					19.00-19.15	
19.15-19.30	MO17-1		O17-1		19.15-19.30	O16-1		MO15-1		19.15-19.30
19.30-19.45					19.30-19.45					19.30-19.45
19.45-20.00					19.45-20.00					19.45-20.00
20.00-20.15					20.00-20.15					20.00-20.15
20.15-20.30				20.15-20.30					20.15-20.30	
20.30-20.45	VETERANEN				20.30-20.45	OVERIGE SENIOREN				20.30-20.45
20.45-21.00					20.45-21.00					20.45-21.00
21.00-21.15					21.00-21.15					21.00-21.15
21.15-21.30					21.15-21.30					21.15-21.30
21.30-21.45					21.30-21.45					21.30-21.45
21.45-22.00					21.45-22.00					21.45-22.00
21.45-22.00					21.45-22.00					21.45-22.00

Vrijdag	VELD				Vrijdag	VELD				Vrijdag
	1a	1b	1c	1d		5a	5b	5c	5d	
16.00-16.15					16.00-16.15					16.00-16.15
16.15-16.30					16.15-16.30					16.15-16.30
16.30-16.45					16.30-16.45					16.30-16.45
16.45-17.00					16.45-17.00					16.45-17.00
17.00-17.15					17.00-17.15					17.00-17.15
17.15-17.30					17.15-17.30					17.15-17.30
17.30-17.45					17.30-17.45					17.30-17.45
17.45-18.00					17.45-18.00					17.45-18.00
18.00-18.15					18.00-18.15					18.00-18.15
18.15-18.30	O13-3	O13-2	O15-5		18.15-18.30					18.15-18.30
18.30-18.45					18.30-18.45					18.30-18.45
18.45-19.00					18.45-19.00					18.45-19.00
19.00-19.15					19.00-19.15					19.00-19.15
19.15-19.30	MO13-1		O15-3		19.15-19.30					19.15-19.30
19.30-19.45					19.30-19.45					19.30-19.45
19.45-20.00					19.45-20.00					19.45-20.00
20.00-20.15					20.00-20.15					20.00-20.15
20.15-20.30					20.15-20.30					20.15-20.30
20.30-20.45					20.30-20.45					20.30-20.45
20.45-21.00					20.45-21.00					20.45-21.00
21.00-21.15					21.00-21.15					21.00-21.15
21.15-21.30					21.15-21.30					21.15-21.30
21.30-21.45					21.30-21.45					21.30-21.45
21.45-22.00					21.45-22.00					21.45-22.00

Thematrainingen zijn op uitnodiging

1B	1D
1A	1C

Kantine
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5B	5D
5A	5C