Trainingsoverzicht Seizoen 2022-2023

Maandag:	HV a:	HV b:	HV c:	HV d:	KG1 a	KG1 b:	KG1 c:	KG1 d:	KG2 a:	KG2 b:	KG2 c:	KG2 d:
Tijd:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:
16:30-17:00												
17:00-17:30												
17:30-18:00									JO13-2		JO11-4	JO10-3
18:00-18:30				JO12-2	JO15-3							
18:30-19:00							JO13-1		JO13-3		JO14-2	
19:00-19:30					JO14-1							
19:30-20:00							JO14-3		MO15-1		MO15-2	
20:00-20:30					JO16-1							
20:30-21:00							JO17-1		Zon 4			
21:00-21:30												
21:30-22:00												

Dinsdag:	HV a:	HV b:	HV c:	HV d:	KG1 a	KG1 b:	KG1 c:	KG1 d:	KG2 a:	KG2 b:	KG2 c:	KG2 d:
Tijd:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:
16:30-17:00												
17:00-17:30												
17:30-18:00							JO16-2					
18:00-18:30	JO9-1	JO12-1	JO10-2	JO8-1		JO10-1						
18:30-19:00							JO11-1	JO11-2	JO17-2		JO15-2	
19:00-19:30	JO12-3	JO12-4	JO15-1		Keepers							
19:30-20:00							MO13-1		Dames 1		JO14-4	
20:00-20:30												
20:30-21:00					Zaterdag 1				JO19-1		JO19-2	
21:00-21:30												
21:30-22:00												

Woensdag:	HV a:	HV b:	HV c:	HV d:	KG1 a	KG1 b:	KG1 c:	KG1 d:	KG2 a:	KG2 b:	KG2 c:	KG2 d:
Tijd:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:
14:30-14:45												
14:45-!5:15												
15:15-15:45					CIOS JO8-JO9							
15:45-16:15												
16:15-16:30												
16:30-17:00					CIOS JO10-JO11							
17:00-17:30												JO12-2
17:30-18:00											JO10-3	
18:00-18:30									JO14-1			
18:30-19:00					JO14-3		JO13-1				JO14-2	
19:00-19:30												
19:30-20:00					JO17-1				MO15-1		MO15-2	
20:00-20:30							JO16-1					
20:30-21:00									Zon3		Zon2	
21:00-21:30												
21:30-22:00												

Donderdag:	HV a:	HV b:	HV c:	HV d:	KG1 a	KG1 b:	KG1 c:	KG1 d:	KG2 a:	KG2 b:	KG2 c:	KG2 d:
Tijd:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:
16:30-17:00												
17:00-17:30												
17:30-18:00									JO13-3			
18:00-18:30	JO9-1	JO12-1	JO10-2	JO10-1	JO15-2		JO11-1	JO11-2			JO17-2	
18:30-19:00									JO13-2			
19:00-19:30	MO13-1				JO16-2		JO15-1					
19:30-20:00									JO14-4		Dames 1	
20:00-20:30					Zaterdag 1							
20:30-21:00									JO19-1		30+ VR	
21:00-21:30												
21:30-22:00												

Vrijdag:	HV a:	HV b:	HV c:	HV d:	KG1 a	KG1 b:	KG1 c:	KG1 d:	KG2 a:	KG2 b:	KG2 c:	KG2 d:
Tijd:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:	Team:
16:00-16:30												
16:30-17:00												
17:00-17:30					Mini's							
17:30-18:00												
18:00-18:30	JO8-3	JO8-4	JO8-5	JO10-5					JO8-1	JO8-2	JO9-3	JO9-2
18:30-19:00						JO11-3	JO15-3					
19:00-19:30				JO10-4					JO12-3	JO12-4	JO9-4	JO9-5
19:30-20:00					Zon2		JO19-2					
20:00-20:30												
20:30-21:00					Zon3		Zon 4		35+			
21:00-21:30												
21:30-22:00												