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							JO11-4					
17:30-18:00									JO13-2			JO10-3
18:00-18:30		JO9-2		JO12-2	JO15-3		JO13-1					
18:30-19:00			JO10-4						JO14-1		JO14-2	
19:00-19:30					JO13-3		JO14-3					
19:30-20:00									MO15-1		MO15-2	
20:00-20:30					JO16-1		JO17-1					
20:30-21:00									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												
14:45-15:15									CIOS JO8-JO9 (15:30-16:30)			
15:15-15:45												
15:45-16:15												
16:15-16:30												
16:30-17:00					JO8-2				CIOS JO10-JO11 (16:45 tot 17:45)			
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	JO11-2	JO10-2	JO10-1	JO15-2		JO11-1	JO12-1				
18:30-19:00									JO13-2		JO17-2	
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												
17:30-18:00	Mini's				JO8-2	JO8-3	JO8-4	JO8-5				
18:00-18:30									JO8-1	JO10-5	JO9-3	JO9-2
18:30-19:00					JO9-4/5	JO11-3	JO15-3					
19:00-19:30									JO12-3	JO12-4		
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												