

### Trainingsschema met ingang van maandag 25 augustus 2025

	VELD 1A				Kleedkamer
Maandag	16-17				
	17-18	JO8-7	JO8-6	JO8-8	1
	18-19	JO11-6	JO12-6		3
	19-20	A selectie (ARC1)			1
	20-21.30	Keepers training A selectie			1

	VELD 1B				Kleedkamer
	16-17				
	17-18	JO9-4	JO9-5	JO9-6	5
	18-21	Keeperstraining			6

	VELD A				Kleedkamer
	16-17				
	17-18	JO14-2	JO8-4		7
	18-19	JO12-1	JO12-2		4
	19-20	JO13-3	JO13-5		2
	20-21	JO16-5			4
	21-22.15	ARC 2			2

	VELD B				Kleedkamer	
	16-17					
	17-18		JO9-8	JO9-10	JO9-9	13
	18-19	JO16-7			24	
	19-20	MO17-2	JO16-3		25/26	
	20-21	JO16-2	G1	23/24		
	21-22	VR2			17	

	VELD 2A				Kleedkamer
	16-17				
	17-18	JO14-4			8
	18-19	JO13-4	MO13-1		5/17
	19-20.15	MO15-1			20
	20.15-21.15	VR30+			18
	21.15-22.15	O23-2			3

	VELD 2B				Kleedkamer
	16-17				
	17-18	JO12-5	JO10-5		2
	18-19	MO12-1	MO12-2		18
	19-20.15	MO15-2	MO17-4		19/21
	20.15-21.15	VR30+			18

Dinsdag	17-18	MO15-3			4
	18-19	JO11-5	JO11-7		2
	19-20	JO15-4	JO15-5		4
	20-21.30	ARC 1			1

	16.45-17.45				
	18-19	JO12-4			1
	19-20	JO15-2			5
	20-21.30	ARC 1			1

	17-18	JG1			8
	18-19	JO14-5			3
	19-20	JO13-6	G2		6/7
	20-21	ARC 4			3
	21-22.30	ARC 10			5

	16-17				
	17-18		JO8-5		12
	18-19	MO9-1	JO14-7		17/21
	19-20	MO17-5			19
	20-21	O23-3			21
	21-22	ARC 6			24

	16-17				
	17-18				
	18-19	MO17-3			20
	19-20	JO19-3			8
20-21.30	VR1			17	

	16.45-17.45				
	17.45-18.45	JO10-4			7
	18.45-20.00	MO17-1			18
20-21.30	VR1			17	

Woensdag	16-17	JO8-4	JO8-6	JO8-7	2
	17-18		JO14-2		1
	18-19	JO12-1	JO12-2		2
	19-20		JO17-3		1
	20-21	ARC 2			2
	21-22	O23-4			1

	16-17		JO12-5		4
	17-18	JO11-3	JO11-4	JO12-6	3
	18-19	JO15-3			4
	19-20	JO17-4			3
	20-21	O23-2			4
	21-22	O23-6			3

	16-17		F-league		5
	17-18	JO10-5	JO10-7		6
	18-19	JO16-3			5
	19-20	JO14-4			6
	20-21	MO20-1			19
	21-22	ARC 11			6

	16-17		Puppies		13	
	17-18	JO10-6			JO8-9	
	18-19	JO16-2			24	
	19-20	JO19-4			12	
	20-21	ARC 8			24	
	21-22					

	16-17	KickStars vanaf 1-4			
	17-18	JO8-8	JO9-7	JO10-8	7
	18-19	MO13-1			17
	19-20	JO17-5			8
	20-21	JO19-5			7
	21-22	VR2			17

	16-17	JO9-9	JO9-5		
	17-18	JO9-4	JO9-8	JO9-6	1
	18-19	MO12-1	MO12-2		18
	19-20				1
	20.00-21	JO19-2			5
	21-22	VR2			17

Donderdag	17.30-18.30	JO10-4	MO15-3	1/21	
	18.30-19.30	JO15-4		3	
	19.30-21.00	ARC 1			1
	21.00-22.15	7 tegen 7/35+1/45+1			3

	17.30-18.30	JO14-7			6
	18.30-19.30	JO15-5			4
	19.30-21.00	ARC 1			1
	21.00-22.15	7 tegen 7/35+1/45+1			4

	17-18	JG1			8
	18-19	JO11-6	JO11-7		7
	19-20.00	JO19-3			8
	20.00-21.15	ARC 3			7
	21.15-22.30				

	17-18				
	18-19		JO11-5		25
	19-20.15	MO17-1			18
	20.15-21.15	ARC 4			6
	21.15-22.30	ARC 6			24

	16.15-17.15				
	17.15-18.15	JO14-5			5
	18.15-19.30	MO15-1			20
	19.30-20.45	VR1			17
	20.45-21.45	MO17-3			20

	16.30-17.30				
	17.30-18.30	JO8-5			1
	18.30-19.30	MO15-2			19
	19.30-21.00	VR1			17
	21-22.30	ARC 10			25

Vrijdag	16-17				
	17-18	JO10-7			1
	18-19	JO12-4	JO10-6		2
	19-20				
	20-21	VR30+			1

	16-17		JO9-9		
	17-18	JO9-7			3
	18-19	JO16-4			4
	19-20				
	20-21	VR30+			1

	14.30-15.30	Walking football			5
	16.30-18	Techniekttraining onderbouw			6
	18-19				
	19-20				

	17-18	JO11-3	JO11-4		13
	18-19	JO11-8	MO9-1		11/17
	19-20				

	17-18	JO8-9			7
	18-19				
	19-20	O23-7			8

	17.30-18.30				
	18.30-19.30				
	19.30-20.30				

	VELD 5A				Kleedkamer
Maandag	16.45-18	JO8-1	JO8-2	JO8-3	11
	18-19		JO14-3	JO14-6	16
	19-20.15	JO16-1			13
	20.15-21.30	JO19-1			11

	VELD 5B				Kleedkamer
	16.45-18	JO9-1	JO9-2	JO9-3	12
	18-19	JO17-4	JO15-3		23
	19-20.15	JO17-1			12
	20.15-21.15	JO19-5	JO19-4		16
	21.15-22.15	O23-5			14

	VELD 6A				Kleedkamer
	16.45-18	JO10-1	JO10-2	JO10-3	14
	18-19.15	JO13-1	JO13-2		16
	19.15-20.30	JO15-1			14
	20.30-21.30	MO20-1			19
	21.30-22.30	O23-6			15

	VELD 6B				Kleedkamer
	16.45-18	JO11-1	JO11-2		15
	18-19.15	JO13-2			22
	19.15-20.30	JO14-1			15
	20.30-21.30	JO19-2			22

Dinsdag	17-18	JO11-8			13
	18-19	JO16-6			23
	19-20.15	JO16-1			13
	20.15-21.30	JO19-1			11

	17-18				
	18-19	JO17-2			24
	19-20.15	JO17-1			12
	20.15-21.30	JO19-1			11

	16.45-18				
	18-19.15	JO13-1			16
	19.15-20.30	JO15-1			14
	20.30-22.00	O23-1			2

	16.45-18				
	18-19.15	JO13-2			22
	19.15-20.30	JO14-1			15
	20.30-22.00	O23-1			2

Woensdag	16.45-18	JO8-1	JO8-2	JO8-3	11
	18-19		JO13-4		22
	19-20	MO17-4			21
	20-21	JO16-7			20
	21-22	ARC 12			12

	16.45-18	JO9-1	JO9-2	JO9-3	12
	18-19	JO14-6	JO12-3		13
	19-20	MO17-2			25
	20-21.15	ARC 5			11

	16.45-18	JO10-1	JO10-2	JO10-3	14
	18-19	JO13-5	JO12-3		13
	19-20	JO16-5			14
	20-21	O23-5			13

	16.45-18	JO11-1	JO11-2		15
	18-19	JO14-3			16
	19-20	JO16-4			15
	20-21	O23-7			16

Donderdag	17-18	JO15-2			13
	18-19	JO13-6	JO13-3		11
	19-20.15	JO16-1			13