

Trainingsrooster na 1 juni tot en met 18 juni 2023

Versie 08-06-2023

MAANDAG				DINSDAG				
	Veld 1A	Veld 1B	Miniveld		Veld 1A	Veld 1B	Miniveld	
15:00 – 15:15	BSO			15:00 – 15:15	BSO			
15:15 – 15:30				15:15 – 15:30				
15:30 – 15:45				15:30 – 15:45				
15:45 – 16:00				15:45 – 16:00				
16:00 – 16:15		VB school				16:00 – 16:15		
16:15 – 16:30						16:15 – 16:30	JO11-1 (oud) Abel	JO10-2&3 Erik-Jan
16:30 – 16:45						16:30 – 16:45		
16:45 – 17:00						16:45 – 17:00		
17:00 – 17:15			BSO					
17:15 – 17:30							17:15 – 17:30	
17:30 – 17:45					17:30 – 17:45			
17:45 – 18:00					17:45 – 18:00	MO15 Samantha	JO12-1 (oud) Mitchel	
18:00 – 18:15					18:00 – 18:15			
18:15 – 18:30					18:15 – 18:30			
18:30 – 18:45			18:30 – 18:45					
18:45 – 19:00				18:45 – 19:00	JO19 & JO18 Selectie (2023/2024) Tom			
19:00 – 19:15	JO 16 1 & 2 (2023/2024) Dino			19:00 – 19:15				
19:15 – 19:30				19:15 – 19:30				
19:30 – 19:45				19:30 – 19:45				
19:45 – 20:00				19:45 – 20:00				
20:00 – 20:15				20:00 – 20:15				
20:15 – 20:30	Dames VR30+ Jane			20:15 – 20:30	Selectie 1 & 2			
20:30 - 20:45				20:30 - 20:45				
20:45 - 21:00				20:45 - 21:00				
21:00 - 21:15				21:00 - 21:15				
21:15 - 21:30				21:15 - 21:30				
21:30 - 21:45				21:30 - 21:45				
21:45 - 22:00				21:45 - 22:00				

WOENSDAG			
	Veld 1A	Veld 1B	Miniveld
15:00 – 15:15			
15:15 – 15:30			
15:30 – 15:45			
15:45 – 16:00			
16:00 – 16:15	JO8		
16:15 – 16:30	23/24		
16:30 – 16:45	Frenk		
16:45 – 17:00			
17:00 – 17:15			O7/CL
17:15 – 17:30			Hinse
17:30 – 17:45			
17:45 – 18:00	JO16 selectie		
18:00 – 18:15	(2023/2024)		
18:15 – 18:30	Dino		
18:30 – 18:45			
18:45 – 19:00			
19:00 – 19:15	JO 15 Selectie		
19:15 – 19:30	(2023/2024)		
19:30 – 19:45	Wesley		
19:45 – 20:00			
20:00 – 20:15			
20:15 – 20:30			
20:30 - 20:45			
20:45 - 21:00			
21:00 - 21:15			
21:15 - 21:30			
21:30 - 21:45			
21:45 - 22:00			

DONDERDAG			
	Veld 1A	Veld 1B	Miniveld
15:00 – 15:15			BSO
15:15 – 15:30			
15:30 – 15:45			
15:45 – 16:00			
16:00 – 16:15	JO11-1		
16:15 – 16:30	Abel	MO13	JO10-2&3 Erik-Jan
16:30 – 16:45		nieuw	
16:45 – 17:00	JO10		
17:00 – 17:15	Giandro		
17:15 – 17:30			
17:30 – 17:45			
17:45 – 18:00	MO15	JO12-1 Mitchel	
18:00 – 18:15	Samantha		
18:15 – 18:30			
18:30 – 18:45			
18:45 – 19:00	JO19 & JO18		
19:00 – 19:15	Selectie		
19:15 – 19:30	(2023/2024)		
19:30 - 19:45	Tom		
19:45 – 20:00			
20:00 – 20:15	Selectie		
20:15 – 20:30	1 & 2		
20:30 - 20:45			
20:45 - 21:00			
21:00 - 21:15			
21:15 - 21:30			
21:30 - 21:45			
21:45 - 22:00			

VRIJDAG			
	Veld 1A	Veld 1B	Miniveld
15:00 – 15:15	Atletiek		
15:15 – 15:30			
15:30 – 15:45			
15:45 – 16:00			
16:00 – 16:15			
16:15 – 16:30			
16:30 – 16:45			9 juni
16:45 – 17:00			Project
17:00 – 17:15			JO9
17:15 – 17:30			Valentijn
17:30 – 17:45			JO9- 1/2/3 Marc
17:45 – 18:00			
18:00 – 18:15			
18:15 – 18:30			
18:30 – 18:45			
18:45 – 19:00			
19:00 – 19:15			
19:15 – 19:30	JO15 selectie		
19:30 – 19:45	(2023/2024)		
19:45 – 20:00	Wesley		
20:00 – 20:15			
20:15 – 20:30	Dames VR30+		
20:30 - 20:45	Jane		
20:45 - 21:00			
21:00 - 21:15			
21:15 - 21:30			
21:30 - 21:45			
21:45 - 22:00			
15:00 – 15:15			

ZATERDAG			
	Veld 1A	Veld 1B	Miniveld
09:00-09:15			
09:15-09:30	JO11-1		
09:30-09:45	Abel	JO10-4	
09:45-10:00		JO10-5	
10:00-10:15			
10:15-10:30			
10:30-10:45			
10:45-11:00	10-6	MO13	
11:00-11:15	MO13	Wdstr	VELD 2!
11:15-11:30	17-6	JO16 sel	JO 16
11:30-11:45	Dino		Selectie
11:45-12:00			Dino
12:00-12:15			
12:15-12:30			
12:30-12:45			
12:45-13:00			
13:00-13:15	17-6		
13:15-13:30	JO8-4		
13:30-13:45	afsluiting		
13:45-14:00	Mark		
14:00-14:15			
14:15-14:30			
14:30-14:45			
14:45-15:00			
15:00-15:15	10-6 MO12-11-10		
15:15-15:30			
15:30-15:45			
15:45-16:00			

ZONDAG			
	Veld 1A	Veld 1B	Miniveld
09:00-09:15			
09:15-09:30			
09:30-09:45			
09:45-10:00	JO7/CL	VB School (kwart)	Calimero 2018
10:00-10:15	Peter	Calimero	Hinse
10:15-10:30		2017	
10:30-10:45		(kwart)	
10:45-11:00		VB School	
11:00-11:15			
11:15-11:30			
11:30-11:45			
11:45-12:00			
12:00-12:15			
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13:30-13:45			
13:45-14:00			
14:00-14:15			
14:15-14:30			
14:30-14:45			
14:45-15:00			
15:00-15:15			
15:15-15:30			
15:30-15:45			
15:45-16:00			