***TRAININGSTIJDEN***

| | 18:00 | 18:15 | 18:30 | 18:45 | 19:00 | 19:15 | 19:30 | 19:45 | 20:00 | 20:15 | 20:30 | 20:45 | 21:00 | 21:15 | 21:30 | 21:45 | 22:00 |
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| Maandag | | JO 7 | | | | | | | | | | | | | | | |
| | | JO 8 | | | | | | | | | | | | | | | |
| | JO 9 | | | | | | | | | | | | | | | | |
| | | | | | JO 12 | | | | | | | | | | | | |
| | | | | | JO 13 | | | | | | | | | | | | |
| | | | | | | | | | | | JO 17 | | | | | | |
| Dinsdag | JO 10 | | | | | | | | | | | | | | | | |
| | JO 11 | | | | | | | | | | | | | | | | |
| | | | | | JO 15 | | | | | | | | | | | | |
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| Woensdag | | JO 7 | | | | | | | | | | | | | | | |
| | | JO 8 | | | | | | | | | | | | | | | |
| | JO 9 | | | | | | | | | | | | | | | | |
| | | | | | JO 12 | | | | | | | | | | | | |
| | | | | | JO 13 | | | | | | | | | | | | |
| | | | | | | | | | | | JO 17 | | | | | | |
| Donderdag | JO 10 | | | | | | | | | | | | | | | | |
| | JO 11 | | | | | | | | | | | | | | | | |
| | | | | | JO 15 | | | | | | | | | | | | |
| | | | | | | | | | | | JO 19 | | | | | | |
| Vrijdag | | | | | | | | | | | | | | | | | |