

Trainingsprogramma 2021 - 2022

Versie 3 - 27-10-2021

MAANDAG	KUNSTGRAS				NATUURGRAS				TRAININGSSTROOK			KEEPERSHOEK	VELD 6	VERLICHTINGSSHEMA	
	KG - A1	KG - A2	KG-A3	KG-A4	NG - C1	NG - C2	NG - C3	NG - C4	NG - B1	NG - B2	NG - B3				
1600	1630														
1630	1700														
1700	1730														
1730	1800	Hele JO8 / JO9		Hele JO10								JO142			
1800	1830							JO13 1 & 2			Hele JO11				
1830	1900	MO11 & MO13-1													
1900	1930			JO17-1				JO17-2	MO17-1		MO15-1		Keepers		
1930	2000	VR1													
2000	2030														
2030	2100	Senioren 3		JO19-3											
2100	2130														
2130	2200														
DINSDAG															
1600	1630														
1630	1700														
1700	1730														
1730	1800	Hele JO12						JO14 1							
1800	1830														
1830	1900			JO15-1											
1900	1930							JO19-2			JO15-2				
1930	2015														
2015	2030	SEN. 1 & 2						JO19-4							
2030	2100														
2100	2130							Senioren 4							
2130	2200														
WOENSDAG															
1500	1530														
1530	1600	O6 & O7													
1600	1630														
1630	1700														
1700	1730														
1730	1800							Hele JO10	JO9			JO8			
1800	1830	MO15-1		Hele JO11							MO11 & MO13-1				
1830	1900														
1900	1930	MO17-1		JO13 1 & 2				JO11-3							
1930	2015														
2015	2030							VR1							
2030	2100	Senioren 5		Senioren 6											
2100	2130														
2130	2200														
DONDERDAG															
1600	1630														
1630	1700														
1700	1730														
1730	1800	JO14 1						Hele JO12			JO14 2				
1800	1830														
1830	1900														
1900	1930	JO19-2		JO17-2				JO17-1	JO15-1		JO15-2				
1930	2015														
2015	2030	SEN. 1 & 2													
2030	2100							Senioren 3	JO19-3						
2100	2130														
2130	2200														
VRIJDAG															
1630	1700				ATI										
1700	1730														
1730	1800														
1800	1830														
1830	1900				Trainingsruimte										
1900	1930														
1930	2000				Lelystad Commanders										
2000	2030				35+ / 45+										
2030	2100														
2100	2130														
2130	2200														

