

Trainingsschema 2015/2016

| | | Maandag | | | | Dinsdag | | | | Woensdag | | | | Donderdag | | | | Vrijdag | | | | | |
|-------|-------|------------------------|--------|--------|--------|---------|---------|----------------|---------------------------|----------|--------|--------|--------|-----------|--------|--------|--------|---------|--------|--------|--------|-------|-------|
| van | tot | veld 1 | veld 2 | veld 3 | veld 4 | veld 1 | veld 2 | veld 3 | veld 4 | veld 1 | veld 2 | veld 3 | veld 4 | veld 1 | veld 2 | veld 3 | veld 4 | veld 1 | veld 2 | veld 3 | veld 4 | van | tot |
| 13:30 | 13:45 | | | | | 13:30 | | | | 13:30 | | | | 13:30 | | | | 13:30 | | | | 13:30 | 13:45 |
| 13:45 | 14:00 | | | | | 13:45 | | | | 13:45 | | | | 13:45 | | | | 13:45 | | | | 13:45 | 14:00 |
| 14:00 | 14:15 | | | | | 14:00 | | | | 14:00 | | | | 14:00 | | | | 14:00 | | | | 14:00 | 14:15 |
| 14:15 | 14:30 | | | | | 14:15 | | | | 14:15 | | | | 14:15 | | | | 14:15 | | | | 14:15 | 14:30 |
| 14:30 | 14:45 | | | | | 14:30 | | | | 14:30 | | | | 14:30 | | | | 14:30 | | | | 14:30 | 14:45 |
| 14:45 | 15:00 | | | | | 14:45 | | | | 14:45 | | | | 14:45 | | | | 14:45 | | | | 14:45 | 15:00 |
| 15:00 | 15:15 | | | | | 15:00 | | | | 15:00 | | | | 15:00 | | | | 15:00 | | | | 15:00 | 15:15 |
| 15:15 | 15:30 | | | | | 15:15 | | | | 15:15 | | | | 15:15 | | | | 15:15 | | | | 15:15 | 15:30 |
| 15:30 | 15:45 | | | | | 15:30 | | | | 15:30 | | | | 15:30 | | | | 15:30 | | | | 15:30 | 15:45 |
| 15:45 | 16:00 | | | | | 15:45 | | | | 15:45 | | | | 15:45 | | | | 15:45 | | | | 15:45 | 16:00 |
| 16:00 | 16:15 | | | | | 16:00 | | | | 16:00 | | | | 16:00 | | | | 16:00 | | | | 16:00 | 16:15 |
| 16:15 | 16:30 | | | | | 16:15 | | | | 16:15 | | | | 16:15 | | | | 16:15 | | | | 16:15 | 16:30 |
| 16:30 | 16:45 | | | | | 16:30 | | | | 16:30 | | | | 16:30 | | | | 16:30 | | | | 16:30 | 16:45 |
| 16:45 | 17:00 | | | | | 16:45 | | | | 16:45 | | | | 16:45 | | | | 16:45 | | | | 16:45 | 17:00 |
| 17:00 | 17:15 | | | | | 17:00 | | | LT E1-E2 (oneven week) | 17:00 | | | | 17:00 | | | | 17:00 | | | | 17:00 | 17:15 |
| 17:15 | 17:30 | | | | | 17:15 | | | | 17:15 | | | | 17:15 | | | | 17:15 | | | | 17:15 | 17:30 |
| 17:30 | 17:45 | | | | | 17:30 | | | | 17:30 | | | | 17:30 | | | | 17:30 | | | | 17:30 | 17:45 |
| 17:45 | 18:00 | | | | | 17:45 | | | | 17:45 | | | | 17:45 | | | | 17:45 | | | | 17:45 | 18:00 |
| 18:00 | 18:15 | | | | | 18:00 | E1 + E2 | E3 +E4 | D3 + D4 | 18:00 | | | | 18:00 | | | | 18:00 | | | | 18:00 | 18:15 |
| 18:15 | 18:30 | | | | | 18:15 | | | | 18:15 | | | | 18:15 | | | | 18:15 | | | | 18:15 | 18:30 |
| 18:30 | 18:45 | LT B1 (oneven week) | F1 +F2 | | | 18:30 | | | | 18:30 | | | | 18:30 | | | | 18:30 | | | | 18:30 | 18:45 |
| 18:45 | 19:00 | | | | | 18:45 | | | | 18:45 | | | | 18:45 | | | | 18:45 | | | | 18:45 | 19:00 |
| 19:00 | 19:15 | | | | | 19:00 | | | | 19:00 | | | | 19:00 | | | | 19:00 | | | | 19:00 | 19:15 |
| 19:15 | 19:30 | | | | | 19:15 | D1 | Keepers A/B | C1 | 19:15 | | | | 19:15 | | | | 19:15 | | | | 19:15 | 19:30 |
| 19:30 | 19:45 | | | | | 19:30 | | | | 19:30 | | | | 19:30 | | | | 19:30 | | | | 19:30 | 19:45 |
| 19:45 | 20:00 | | | | | 19:45 | | | | 19:45 | | | | 19:45 | | | | 19:45 | | | | 19:45 | 20:00 |
| 20:00 | 20:15 | B1 | | | | 20:00 | | | | 20:00 | | | | 20:00 | | | | 20:00 | | | | 20:00 | 20:15 |
| 20:15 | 20:30 | | | | | 20:15 | | | | 20:15 | | | | 20:15 | | | | 20:15 | | | | 20:15 | 20:30 |
| 20:30 | 20:45 | | | | | 20:30 | | | | 20:30 | | | | 20:30 | | | | 20:30 | | | | 20:30 | 20:45 |
| 20:45 | 21:00 | | | | | 20:45 | | | | 20:45 | | | | 20:45 | | | | 20:45 | | | | 20:45 | 21:00 |
| 21:00 | 21:15 | | | | | 21:00 | | | | 21:00 | | | | 21:00 | | | | 21:00 | | | | 21:00 | 21:15 |
| 21:15 | 21:30 | | | | | 21:15 | | | | 21:15 | | | | 21:15 | | | | 21:15 | | | | 21:15 | 21:30 |
| 21:30 | 21:45 | | | | | 21:30 | | | | 21:30 | | | | 21:30 | | | | 21:30 | | | | 21:30 | 21:45 |
| 21:45 | 22:00 | | | | | 21:45 | | | | 21:45 | | | | 21:45 | | | | 21:45 | | | | 21:45 | 22:00 |
| 22:00 | 22:15 | | | | | 22:00 | | | | 22:00 | | | | 22:00 | | | | 22:00 | | | | 22:00 | 22:15 |

veld 1 = trainingsveld links
 veld 2 = trainingsveld rechts
 veld 3 = C-veld links
 veld 4 = C-veld rechts
 LT = Looptraining