Trainingen Veld 1	Teams	Trainers	Veld	Kleedk.
Maandag				
16:00-16:30	MO11-1 / MO11-2		A1-A2	
16.30-17.00	MO11-1 / MO11-2		A1-A2	
17.00-17.30	MO13-2		A1-A2	5
17.30-18.00	MO13-2		A1-A2	5
18.00-18.30	JO15-1 / JO15-2 / JO15-3		A1-A2	2-3-4
18.30-19.00	JO15-1 / JO15-2 / JO15-3		A1-A2	2-3-4
19.00-19.30	JO17-1 / JO17-2		A1-A2	5-6
19.30-20.00	JO17-1 / JO17-2		A1-A2	5-6
20.00-20.30	ZOB 5 / JO16-2		A1-A2	2-3
20.30-21.00	ZOB 5 / JO16-2		A1-A2	2-3
21.00-21.30	ZOB 4 / ZOB 7 / JO19-3		A1-A2	4-5-6
21.30-22.00	ZOB 4 / ZOB 7 / JO19-3		A1-A2	4-5-6
Dinsdag				
16.30-17.00				
17.00-17.30	Keeperstraining OB		A1-A2	
17.30-18.00	Keeperstraining OB / MO13-1		A1-A2	2
18.00-18.30	Keeperstraining MB-BB / MO13-1		A1-A2	2
18.30-19.00	Keeperstraining MB-BB / JO16-1		A1-A2	5-6
19.00-19.30	Keeperstraining MB-BB / JO16-1		A1-A2	5-6
19.30-20.00	Keeperstraining sen. / JO16-1		A1-A2	5-6
20.00-20.30	Keeperstraining sen. / ZOB 1 / ZOB 2		A1-A2	1-2
20.30-21.00	ZOB 1 / ZOB 2		A1-A2	1-2
21.00-21.30	ZOB 1 / ZOB 2		A1-A2	1-2
Woensdag				
14.30-15.00				
15.00-15.30	Mini's		A1-A2	
15.30-16.00	Mini's		A1-A2	
16.00-16.30	Mini's / MO9-1		A1-A2	
16.30-17.00	Mini's / MO9-1		A1-A2	
17.00-17.30	MO11-1 / MO11-2		A1-A2	5-6
17.30-18.00	MO11-1 / MO11-2		A1-A2	5-6
18.00-18.30	MO13-2 / JO15-1 / JO15-2		A1-A2	2-3-4
18.30-19.00	MO13-2 / JO15-1 / JO15-2		A1-A2	2-3-4
19.00-19.30	JO17-1 / JO17-2		A1-A2	5-6
19.30-20.00	JO17-1 / JO17-2		A1-A2	5-6
20.00-20.30	ZOB 5 / JO16-2		A1-A2	2-3
20.30-21.00	ZOB 5 / JO16-2		A1-A2	2-3
21.00-21.30	ZOB 4 / ZOB 7 / JO19-3		A1-A2	4-5-6
21.30-22.00	ZOB 4 / ZOB 7 / JO19-3		A1-A2	4-5-6
Donderdag				
17.00-17.30				
17.30-18.00	MO13-1 / MO15-1		A1-A2	1-6
18.00-18.30	MO13-1 / MO15-1		A1-A2	1-6
18.30-19.00	JO16-1		A1-A2	5-3
19.00-19.30	JO16-1 / ZOB 3		A1-A2	5-3
19.30-20.00	JO16-1 / ZOB 3		A1-A2	5-3
20.00-20.30	ZOB 1 / ZOB 3		A1-A2	1
20.30-21.00	ZOB 1		A1-A2	1
21.00-21.30	ZOB 1		A1-A2	1
Vrijdag				
20.00-20.30	Heren 35+ 7x7		A1	5-6
20.30-21.00	Heren 35+ 7x7		A1	5-6

Trainingen Veld 2	Teams	Trainers	Veld	Kleedk.
Maandag				
16:00-16:30	JO9-1 / JO9-2 / JO9-3 / JO9-4			
16.30-17.00	JO9-1 / JO9-2 / JO9-3 / JO9-4			
17.00-17.30	JO10-1 / JO10-2 / JO10-3 / JO10-4		B1-B2	6
17.30-18.00	JO10-1 / JO10-2 / JO10-3 / JO10-4		B1-B2	6
18.00-18.30	JO15-4 / MO15-1		B1-B2	8-9
18.30-19.00	JO15-4 / MO15-1		B1-B2	8-9
19.00-19.30	MO17-1 / MO17-2 - MO17-3		B1-B2	10-11-12
19.30-20.00	MO17-1 / MO17-2 - MO17-3		B1-B2	10-11-12
20.00-20.30	ZOB VR1 / MO20-1		B1-B2	8-9
20.30-21.00	ZOB VR1 / MO20-1		B1-B2	8-9
21.00-21.30	ZOB 6 / ZOB O23-2		B1-B2	10-11
21.30-22.00	ZOB 6 / ZOB O23-2		B1-B2	10-11
Dinsdag				
16.30-17.00				
17.00-17.30				
17.30-18.00	JO12-1 / JO12-2 / JO12-3 / JO12-4		B1-B2	3-4
18.00-18.30	JO12-1 / JO12-2 / JO12-3 / JO12-4		B1-B2	3-4
18.30-19.00	JO19-1 / JO19-2		B1-B2	8-9
19.00-19.30	JO19-1 / JO19-2		B1-B2	8-9
19.30-20.00	JO19-1 / JO19-2		B1-B2	8-9
20.00-20.30	ZOB 3 / O23-1		B1-B2	3-4
20.30-21.00	ZOB 3 / O23-1		B1-B2	3-4
21.00-21.30	ZOB 3 / O23-1		B1-B2	3-4
Woensdag				
14.30-15.00				
15.00-15.30	JO8-1 / JO8-2 / JO8-3 / JO8-4		B1-B2	
15.30-16.00	JO8-1 / JO8-2 / JO8-3 / JO8-4		B1-B2	
16.00-16.30	JO9-1 / JO9-2 / JO9-3 / JO9-4		B1-B2	
16.30-17.00	JO9-1 / JO9-2 / JO9-3 / JO9-4		B1-B2	
17.00-17.30	JO10-1 / JO10-2 / JO10-3 / JO10-4		B1-B2	10-11
17.30-18.00	JO10-1 / JO10-2 / JO10-3 / JO10-4		B1-B2	10-11
18.00-18.30	JO15-3 / JO15-4		B1-B2	8-9
18.30-19.00	JO15-3 / JO15-4		B1-B2	8-9
19.00-19.30	MO17-1 / MO17-2 - MO17-3		B1-B2	10-11-12
19.30-20.00	MO17-1 / MO17-2 - MO17-3		B1-B2	10-11-12
20.00-20.30	ZOB VR1 / MO20-1 / VR30+1 (7x7)		B1-B2	8-9
20.30-21.00	ZOB VR1 / MO20-1 / VR30+1 (7x7)		B1-B2	8-9
21.00-21.30	ZOB 6 / ZOB O23-2		B1-B2	10-11
21.30-22.00	ZOB 6 / ZOB O23-2		B1-B2	10-11
Donderdag				
17.00-17.30			B1-B2	11-12
17.30-18.00	JO12-1 / JO12-2 / JO12-3 / JO12-4		B1-B2	11-12
18.00-18.30	JO12-1 / JO12-2 / JO12-3 / JO12-4			
18.30-19.00	JO19-1 / JO19-2		B1-B2	8-9-10
19.00-19.30	JO19-1 / JO19-2		B1-B2	8-9-10
19.30-20.00	JO19-1 / JO19-2		B1-B2	8-9-10
20.00-20.30	ZOB 2 / O23-1		B1-B2	2-4
20.30-21.00	ZOB 2 / O23-1		B1-B2	2-4
21.00-21.30	ZOB 2 / O23-1		B1-B2	2-4

Trainingen Veld 3	Teams	Trainers	Kleedk.
Maandag			
16:00-16:30			
16.30-17.00			
17.00-17.30			
17.30-18.00			
18.00-18.30			
18.30-19.00			
19.00-19.30			
19.30-20.00			
20.00-20.30			
20.30-21.00			
21.00-21.30			
21.30-22.00			
Dinsdag			
17.00-17.30			
17.30-18.00	JO11-1 / JO11-2 / JO11-3		
18.00-18.30	JO11-1 / JO11-2 / JO11-3		
18.30-19.00	JO13-1 / JO13-2 / JO13-3		
19.00-19.30	JO13-1 / JO13-2 / JO13-3		
19.30-20.00			
20.00-20.30			
20.30-21.00			
21.00-21.30			
Woensdag			
14.30-15.00			
15.00-15.30			
15.30-16.00			
16.00-16.30			
16.30-17.00			
17.00-17.30			
17.30-18.00			
18.00-18.30			
18.30-19.00			
19.00-19.30			
19.30-20.00			
20.00-20.30			
20.30-21.00			
21.00-21.30			
Donderdag			
17.00-17.30			
17.30-18.00	JO11-1 / JO11-2 / JO11-3		
18.00-18.30	JO11-1 / JO11-2 / JO11-3		
18.30-19.00	JO13-1 / JO13-2 / JO13-3		
19.00-19.30	JO13-1 / JO13-2 / JO13-3		
19.30-20.00			
20.00-20.30			
20.30-21.00			
21.00-21.30			

Trainingen Veld 4	Teams	Trainers	Kleedk.
Maandag			
16:00-16:30			
16.30-17.00			
17.00-17.30			
17.30-18.00			
18.00-18.30			
18.30-19.00			
19.00-19.30			
19.30-20.00			
20.00-20.30			
20.30-21.00			
21.00-21.30			
21.30-22.00			
Dinsdag			
17.00-17.30			
17.30-18.00			
18.00-18.30			
18.30-19.00			
19.00-19.30			
19.30-20.00			
20.00-20.30			
20.30-21.00			
21.00-21.30			
Woensdag			
14.30-15.00			
15.00-15.30			
15.30-16.00			
16.00-16.30			
16.30-17.00			
17.00-17.30			
17.30-18.00			
18.00-18.30			
18.30-19.00			
19.00-19.30			
19.30-20.00			
20.00-20.30			
20.30-21.00			
21.00-21.30			
Donderdag			
17.00-17.30			
17.30-18.00			
18.00-18.30			
18.30-19.00			
19.00-19.30			
19.30-20.00			
20.00-20.30			
20.30-21.00			
21.00-21.30			