



Trainingsprogramma 2024-2025

Team	KK	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Team	KK	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag
VRC 1	10		20.15-21.45		20.15-21.45		JO12-1	x	18.45-20.00		18.45-20.00		
VRC 2	9				20.15-21.45		JO12-2	x	18.45-20.00		18.45-20.00		
VRC 3	3			20.15-21.45			JO12-3	x	17.30-18.30		18.45-20.00		
VRC 4	4			20.15-21.45			JO12-4	x	18.45-20.00		18.45-20.00		
VRC 5	5			20.15-21.45			JO12-5	x	18.45-20.00		17.30-18.30		
VRC 6	6			20.15-21.45			JO12-6	x	17.30-18.30		17.30-18.30		
VRC 7	4				20.15-21.45								
VRC 8	3	20.15-21.45			20.15-21.45		JO11-1	x	18.45-20.00		18.45-20.00		
	7						JO11-2	x	18.45-20.00		18.45-20.00		18.30-19.30
VRC O23-1	x		20.15-21.45		20.15-21.45		JO11-3	x	18.45-20.00		18.45-20.00		
VRC O23-2	x		20.15-21.45		20.15-21.45		JO11-4	x	18.45-20.00		18.45-20.00		
VRC O23-3			20.15-21.45	20.15-21.45			JO11-5	x	17.30-18.30		17.30-18.30		
							JO11-6	x	17.30-18.30		17.30-18.30		
35+	x	20.15-21.45			21.00-22.15		JO11-7	x	17.30-18.30		17.30-18.30		
							JO11-8	x	17.30-18.30		17.30-18.30		
G senioren	8				18.45-20.00								
G jeugd	1				18.45-20.00		JO10-1	x	17.30-18.30		17.30-18.30		
							JO10-2	x	17.30-18.30		17.30-18.30		
VR 1	8	20.15-21.45		20.15-21.45			JO10-3	x	17.30-18.30		17.30-18.30		
VR30+ 1/2	8		20.15-21.45				JO10-4	x	17.30-18.30		17.30-18.30		
MO20-1	8	18.45-20.00		18.45-20.00			JO10-5	x	17.30-18.30		17.30-18.30		
MO17-1	1	18.45-20.00		18.45-20.00			JO10-6	x	17.30-18.30		17.30-18.30		
MO15-1	x	18.45-20.00		18.45-20.00			JO10-7	x	17.30-18.30		17.30-18.30		
MO15-2	x	18.45-20.00		18.45-20.00			JO10-8	x	17.30-18.30		17.30-18.30		
MO15-3	x	18.45-20.00		18.45-20.00			JO10-9	x	17.30-18.30		17.30-18.30		
MO13-1	x	17.30-18.30		17.30-18.30			JO10-10	x	17.30-18.30		17.30-18.30		
MO11-1	x	18.45-20.00		18.45-20.00									
JO19-1	x		20.15-21.45		20.15-21.45		JO9-1	x	17.30-18.30		17.30-18.30		
JO19-2	x	20.15-21.45		20.15-21.45			JO9-2	x	17.30-18.30		17.30-18.30		
JO19-3	x				18.45-20.00		JO9-3	x	17.30-18.30		17.30-18.30		
JO19-4	x				19.45-21.00		JO9-4	x	17.30-18.30		17.30-18.30		
							JO9-5	x	17.30-18.30		17.30-18.30		
JO17-1	x		18.45-20.00		18.45-20.00		JO9-6	x	17.30-18.30		17.30-18.30		
JO17-2	x	20.15-21.45		20.15-21.45			JO9-7	x	17.30-18.30		17.30-18.30		
							JO9-8	x	17.30-18.30		17.30-18.30		
JO16-1	x	20.15-21.45		20.15-21.45									
JO16-2	x	20.15-21.45		20.15-21.45									
JO16-3	x		17.30-18.30		17.30-18.30		JO8-1	x		17.30-18.30		17.30-18.30	
JO16-4	x	17.30-18.30		17.30-18.30			JO8-2	x		17.30-18.30		17.30-18.30	
							JO8-3	x		17.30-18.30		17.30-18.30	
JO15-1	x		18.45-20.00		18.30-19.45		JO8-4	x		17.30-18.30		17.30-18.30	
JO15-2	x		18.45-20.00		17.30-18.30		JO8-5	x		17.30-18.30		17.30-18.30	
JO15-3	x	18.45-20.00		18.45-20.00			JO8-6	x		17.30-18.30		17.30-18.30	
JO15-4	x	18.45-20.00		18.45-20.00			JO8-7	x		17.30-18.30		17.30-18.30	
							JO8-8	x		17.30-18.30		17.30-18.30	
JO14-1	x		18.45-20.00		18.45-20.00								
JO14-2	x		18.45-20.00		18.45-20.00		Spitsies & Tijgers	x		17.30-18.30		17.30-18.30	
JO14-3	x		17.30-18.30		17.30-18.30								
JO14-4	x	17.30-18.30		17.30-18.30			Keepers (Matthijs)	10		20.15-21.45			
JO14-5	x		17.30-18.30		17.30-18.30		Keepers (Marco)	x			17.30-18.30		
							Keepers (Ries)	x	18.45-20.00			18.45-20.00	
JO13-1	x		18.45-20.00		18.45-20.00		Keepers (Dons)	x		17.30-18.30			
JO13-2	x		18.45-20.00		18.45-20.00		Keepers (Dons)	x		18.45-20.00			
JO13-3	x		17.30-18.30		17.30-18.30								
JO13-4	x		17.30-18.30		17.30-18.30		BalPro	9 en 10					?
JO13-5	x		18.45-20.00		18.45-20.00		Scheidsrechters	6		19.30-21.00		19.30-21.00	

2.0

Veld 1 Veld 2 Veld 3 Veld 4 Veld 1 Veld 2 Veld 3 Veld 4

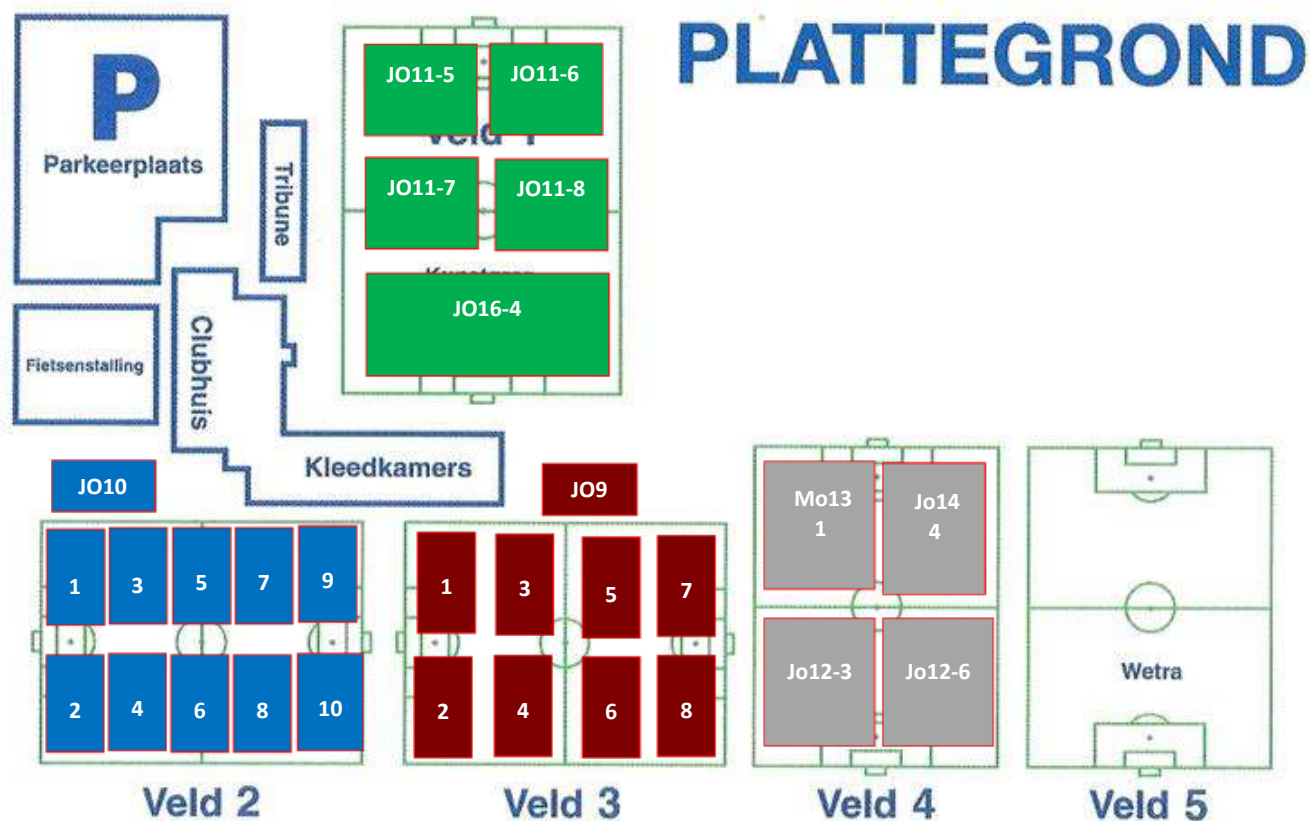
KK = Kleedkamer

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VELDINDELING: Maandag blok 1

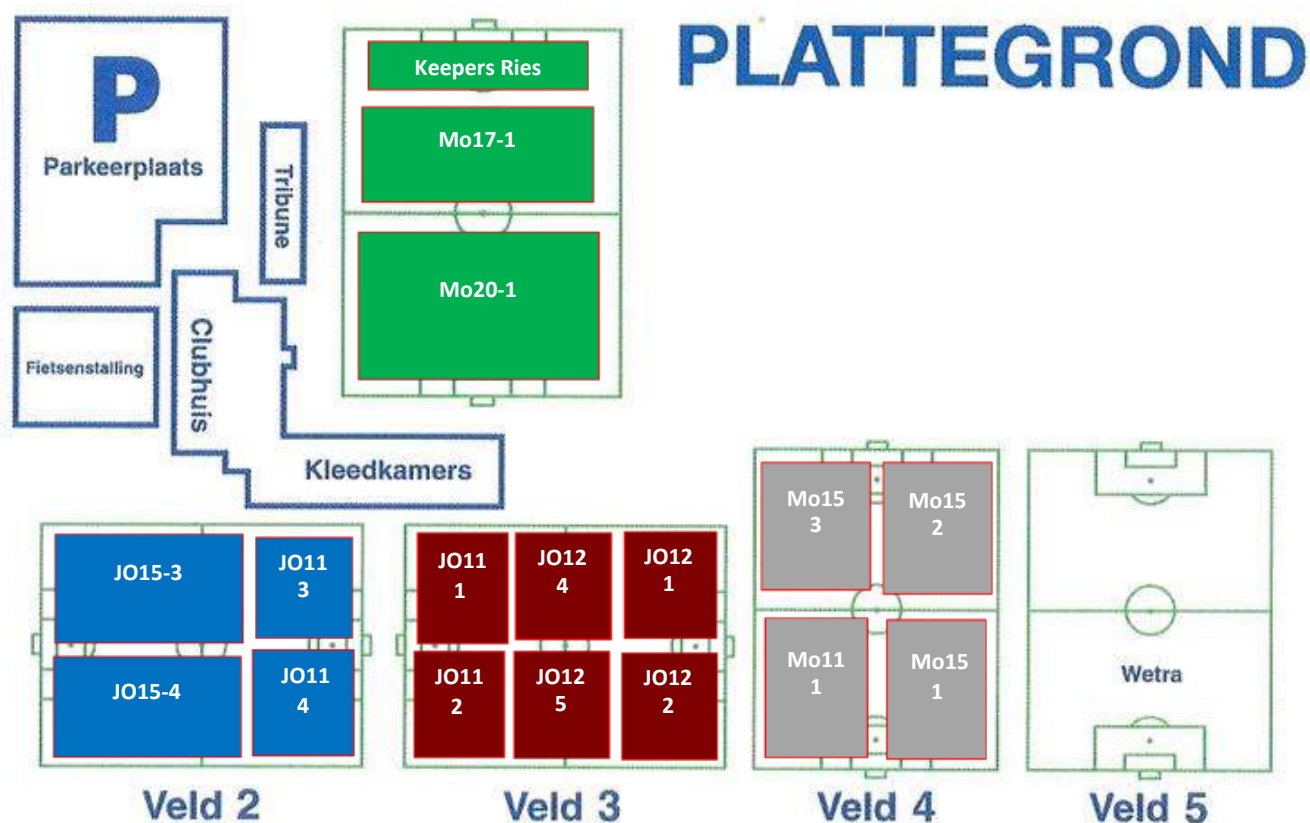
17.30 - 18.30





VELDINDELING: Maandag blok 2

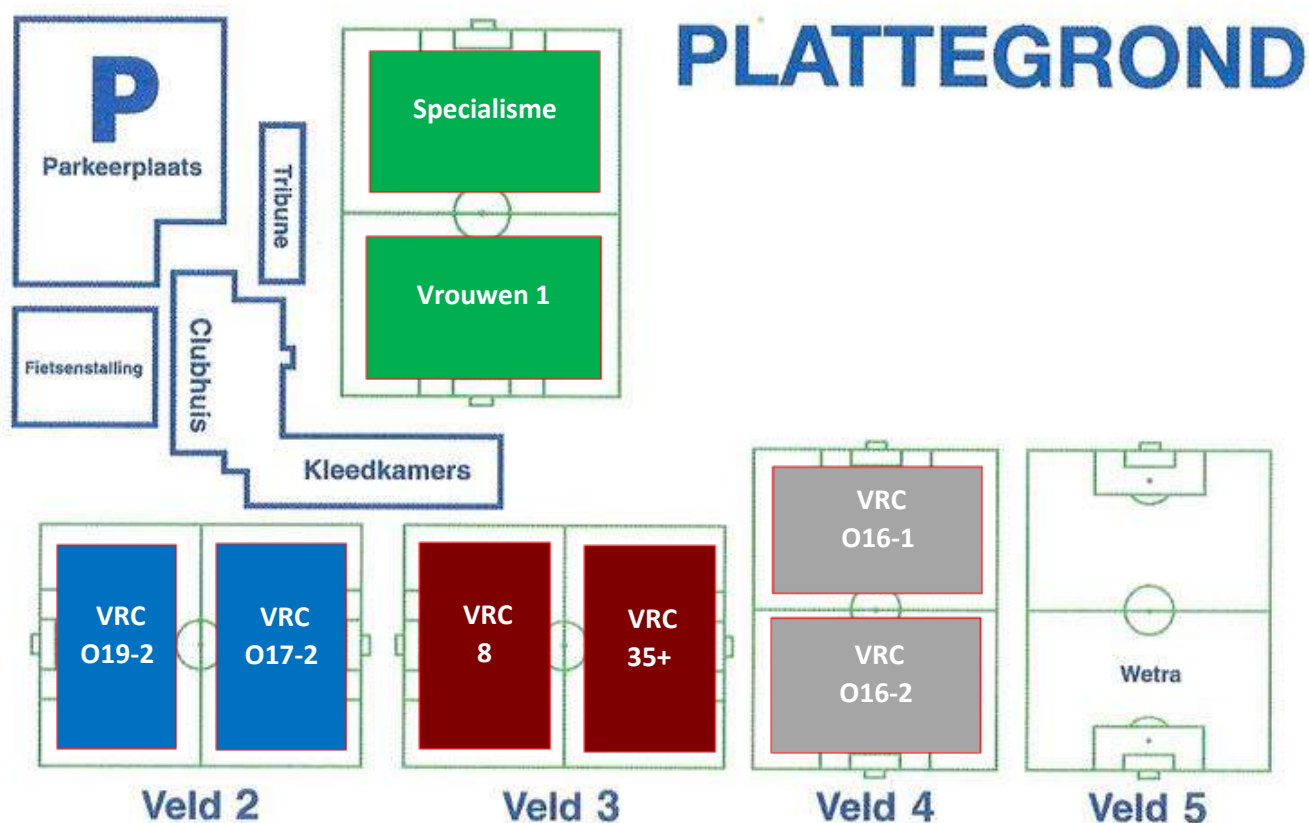
18.45 - 20.00





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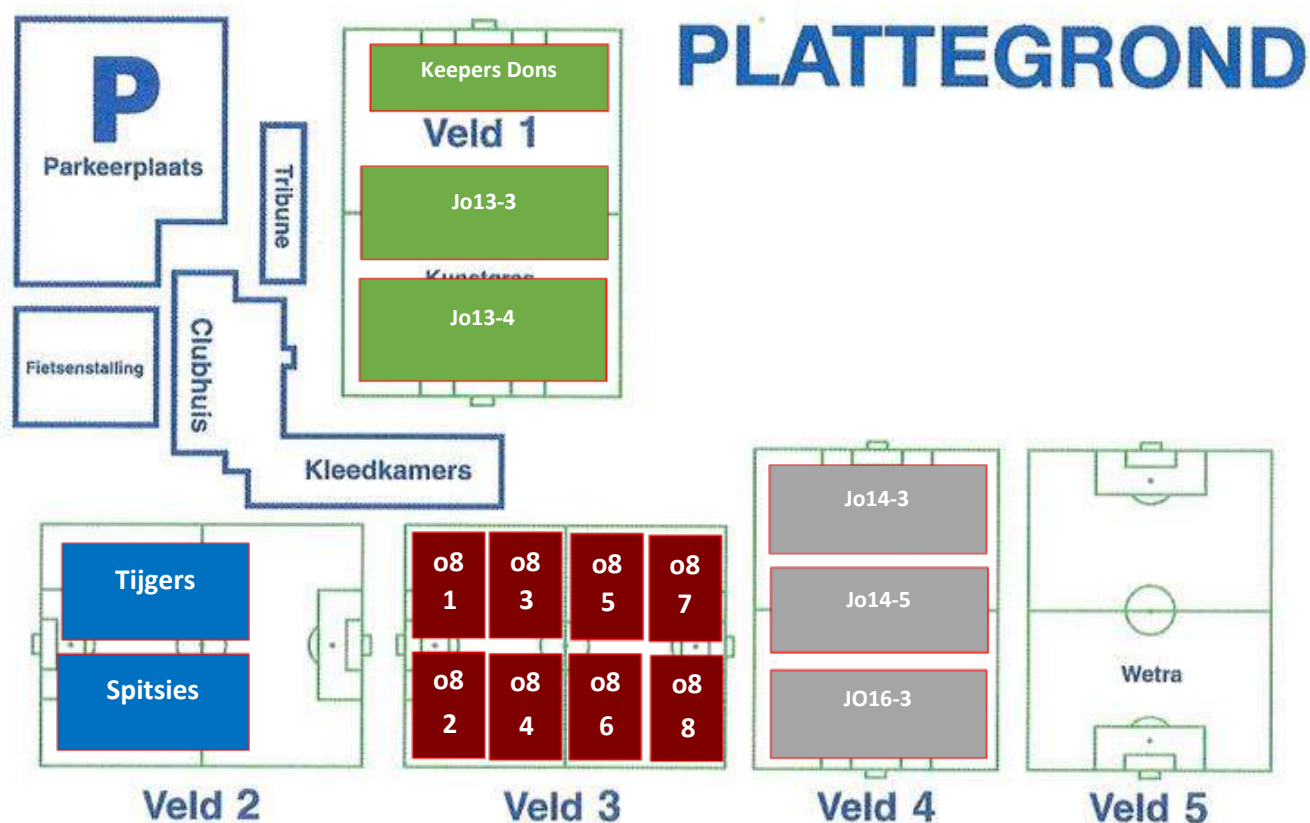
20.15 - 21.45





VELDINDELING: Dinsdag blok 1

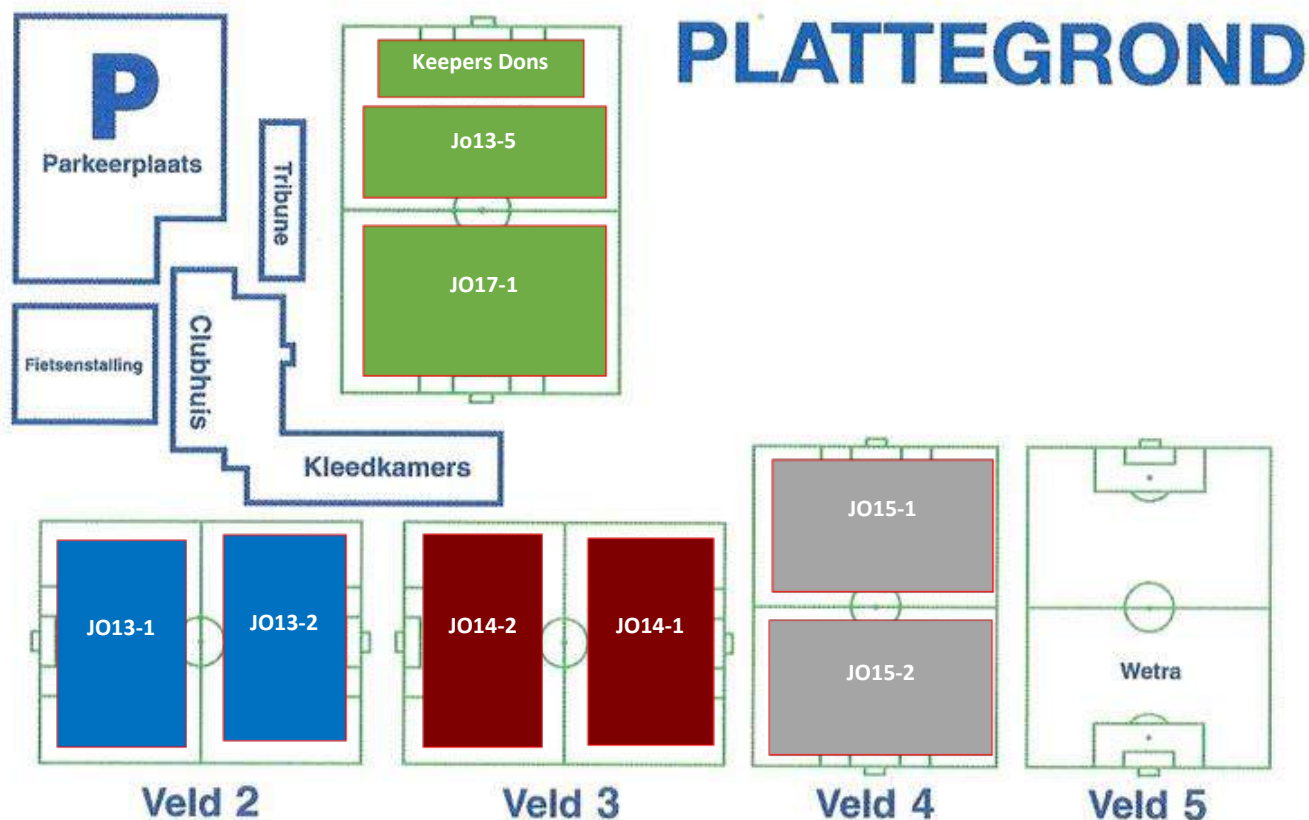
17.30 - 18.30





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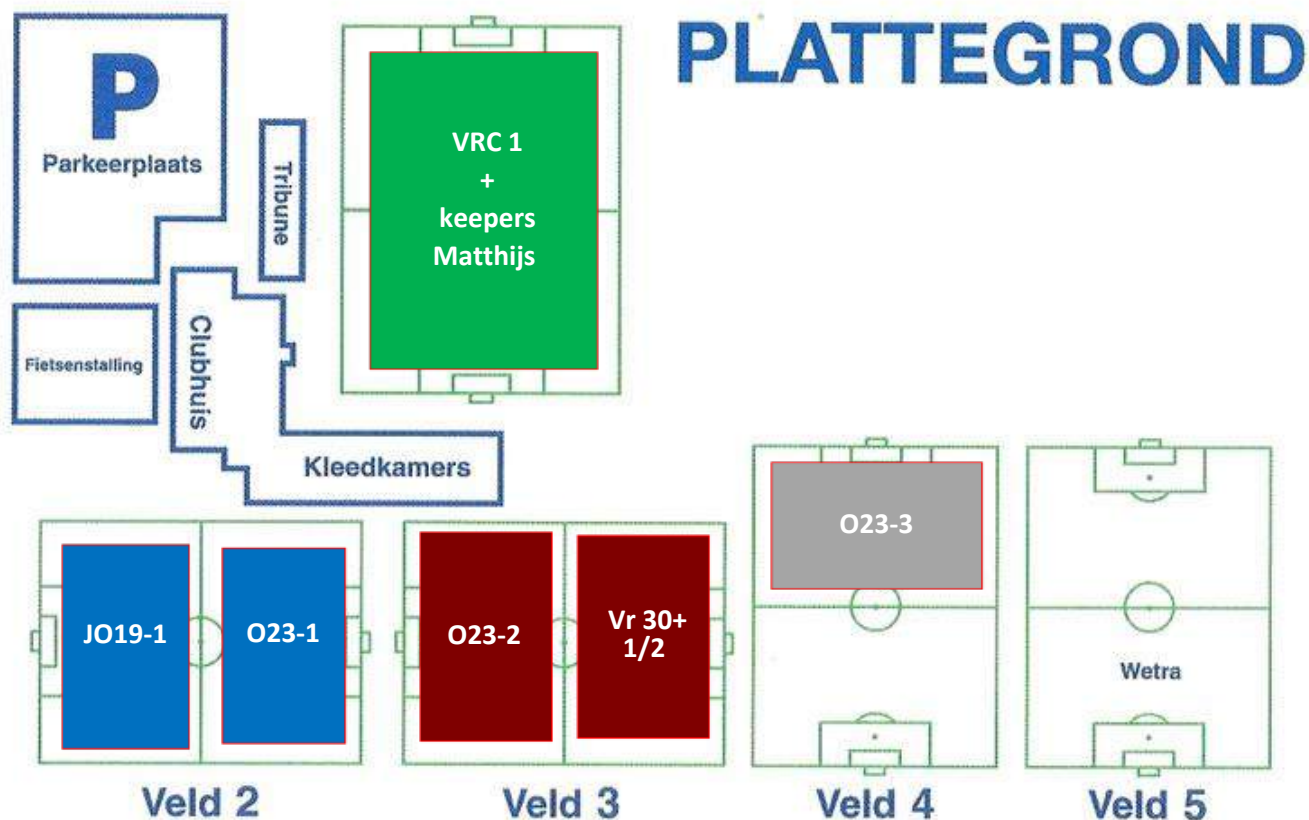
18.45 - 20.00





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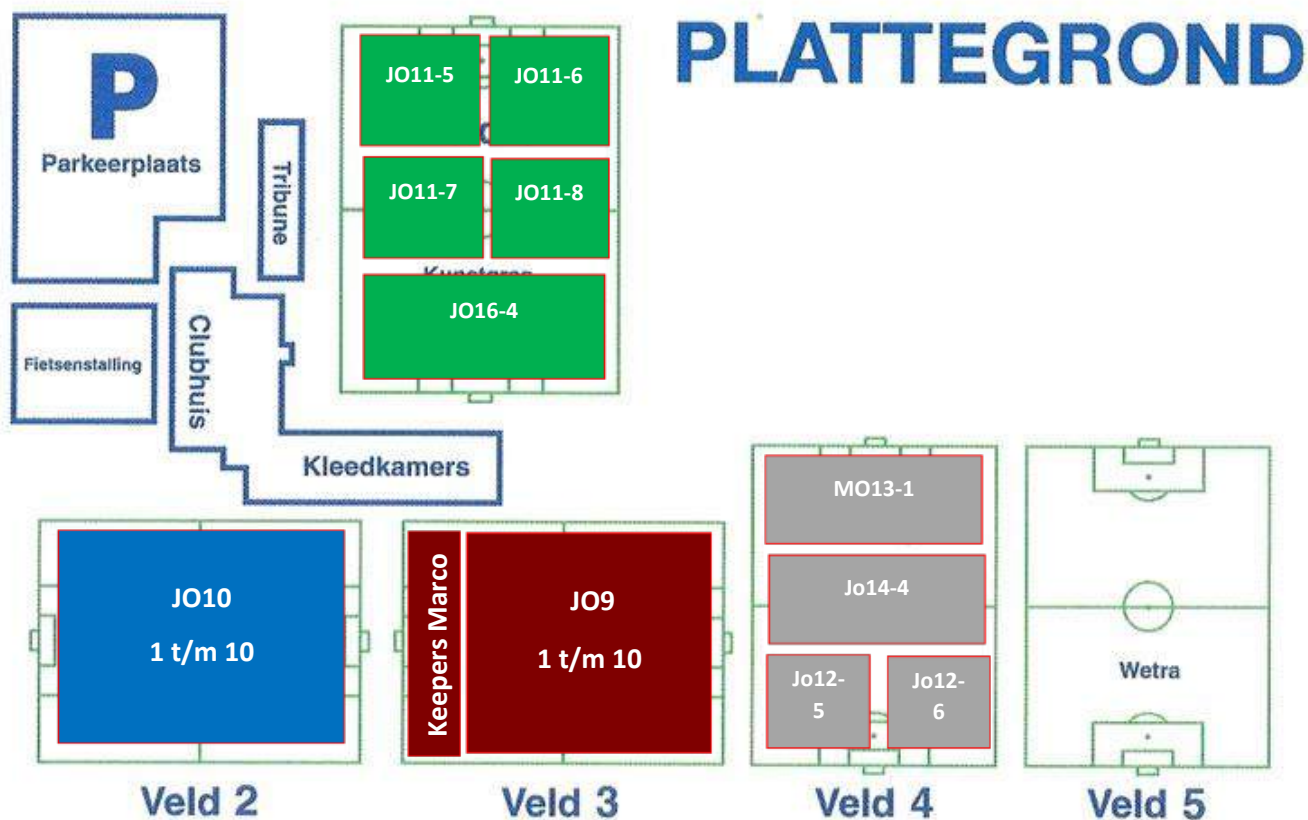
20.15-214.5





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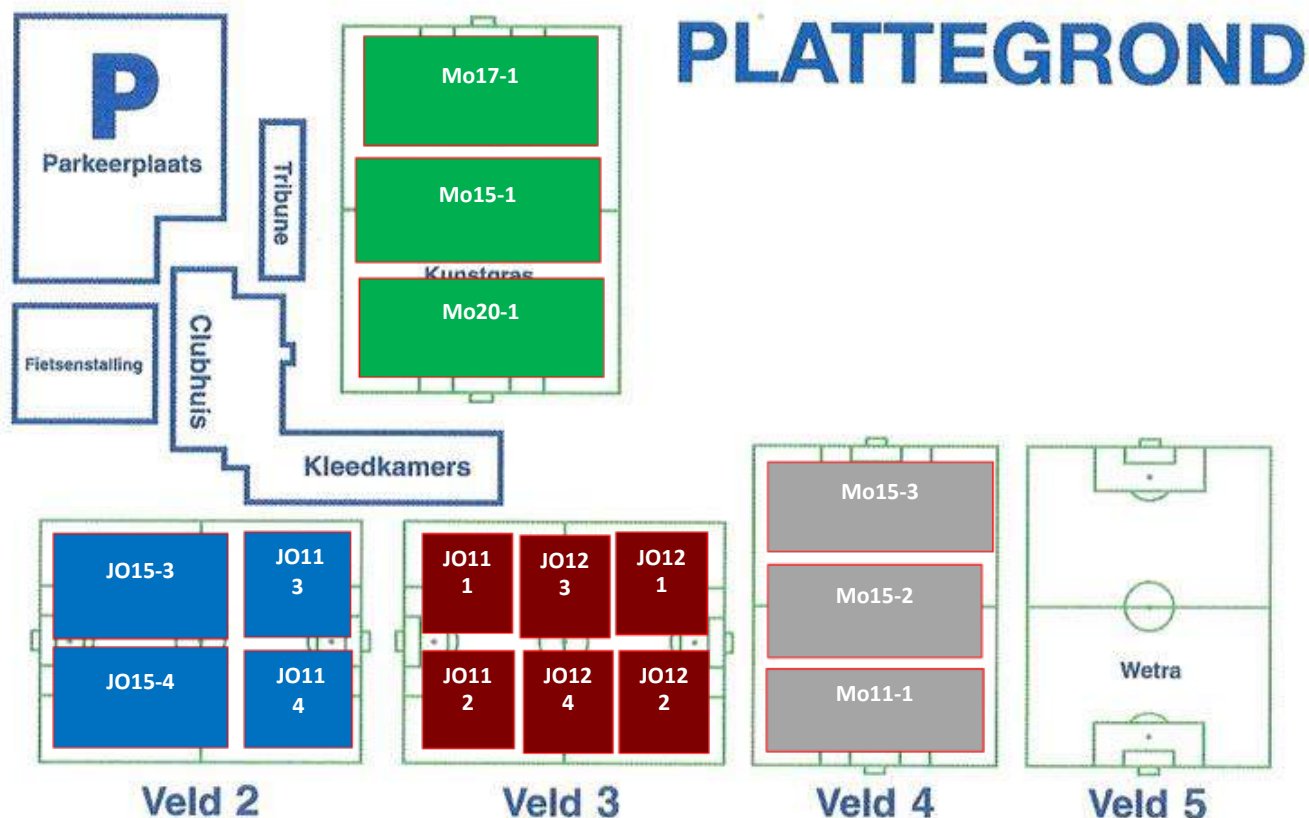
1 7.30 - 18.30





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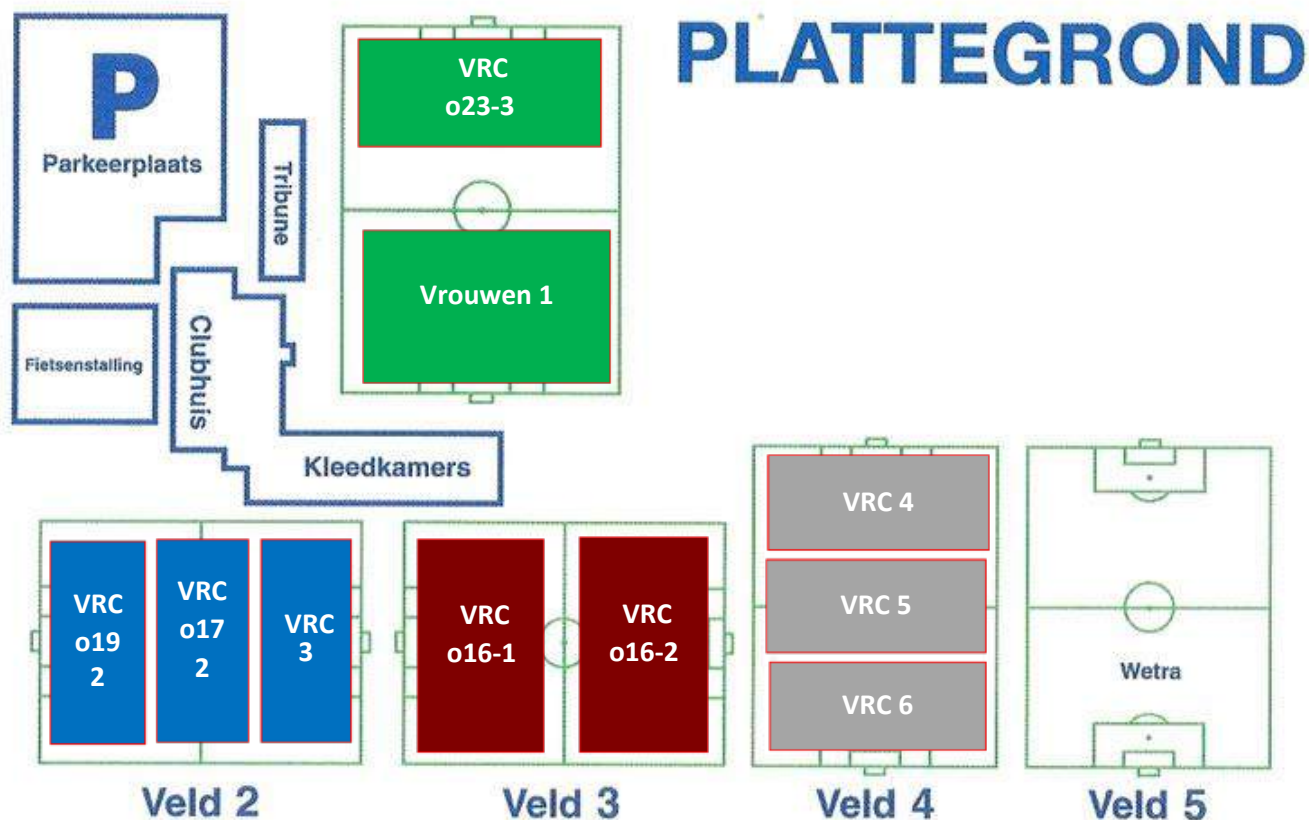
1 8.45 - 20.00





VELDINDELING: Woensdag blok 3

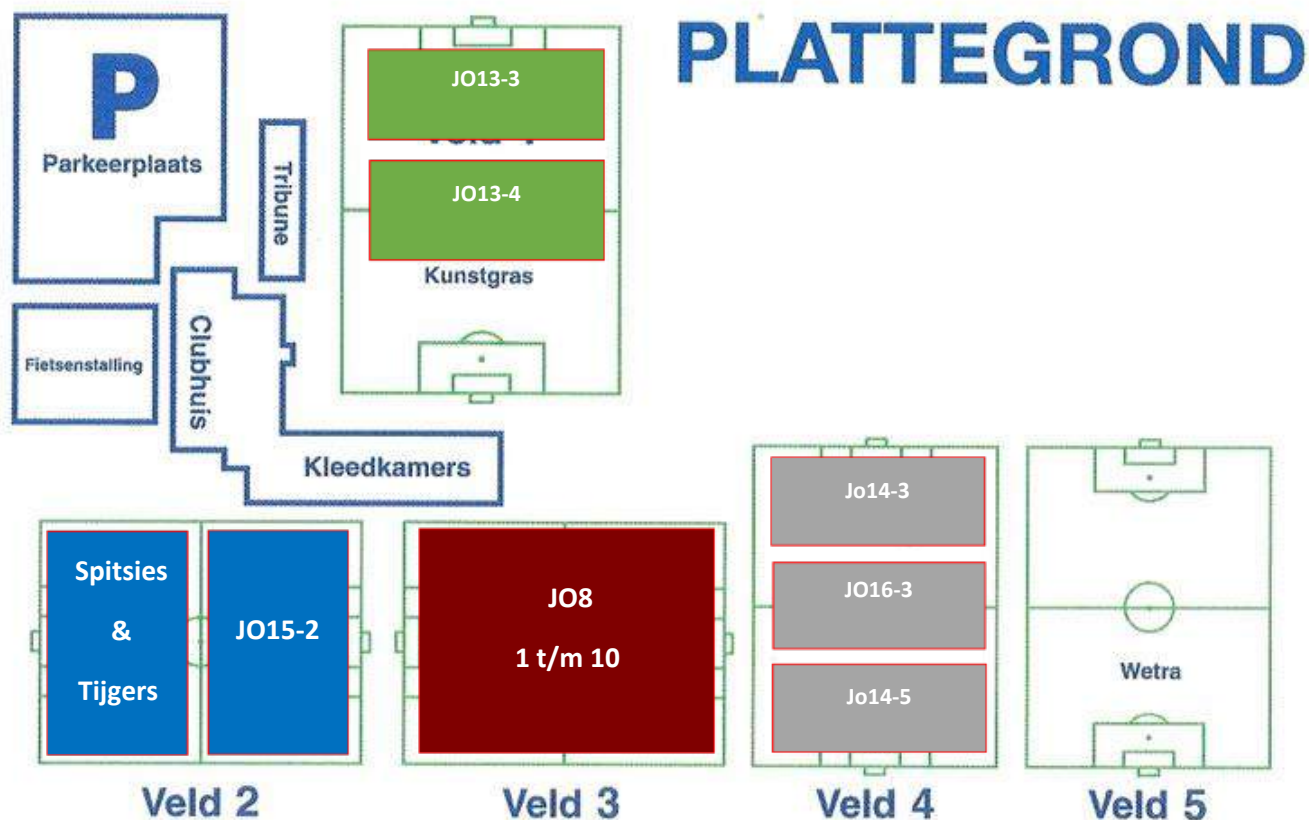
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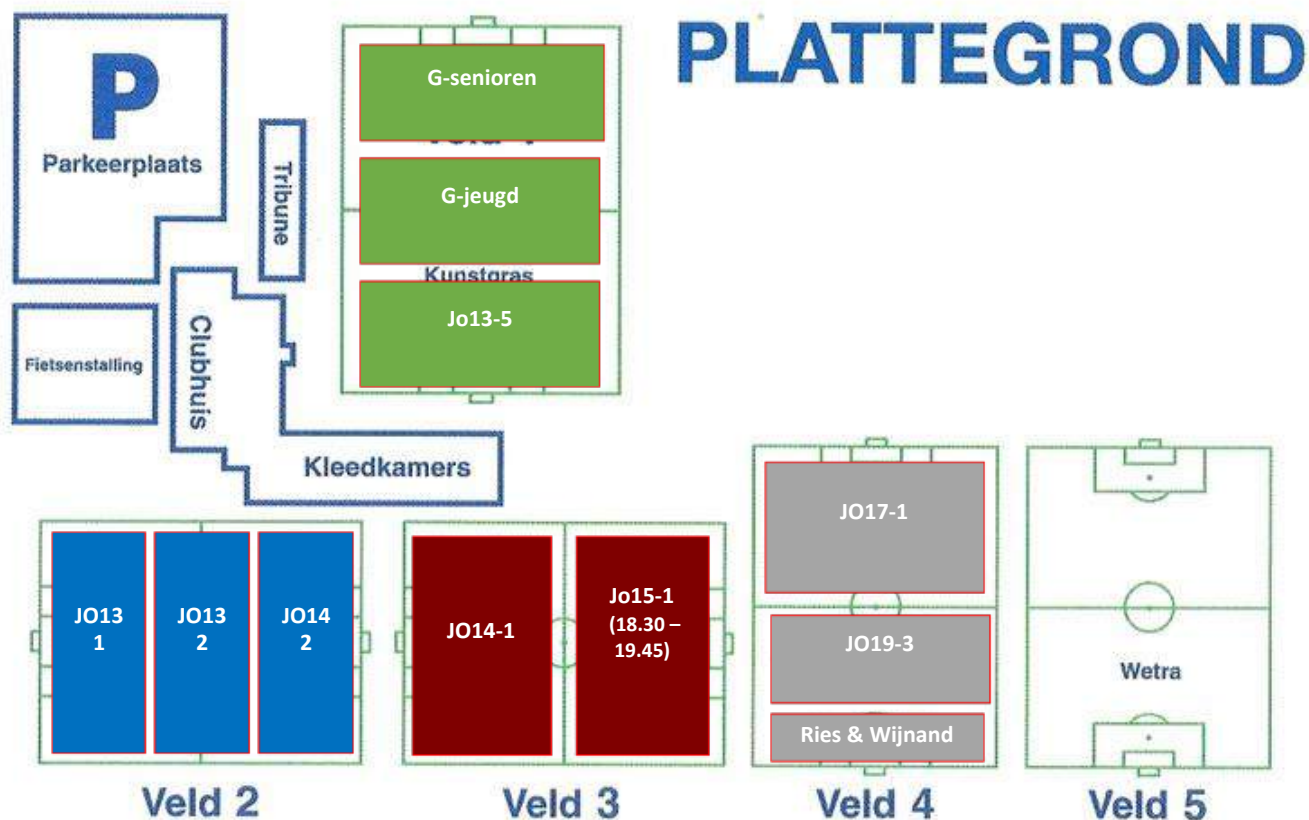
17.30 - 18.30





VELDINDELING: Donderdag blok 2

1 8.45 - 20.00





VELDINDELING: Donderdag blok 3

20.15 - 21.45

