

Concept Trainingsschema 2022 2023

	Veld 1		Veld 2		Veld 3	
Maandag	AB	CD	AB	CD	AB	CD
17:30 - 19:00	JC1	MC1	MC3/MC4/MC5 Combi		JC2	MC2
19:00 - 20:30		T-Training (tot 21:00)	MA3/MB3/MB4 Combi		MA2	
20:30 - 22:00	Trimmers	Trimmers (vanaf 21:00)	DJ1			

	Veld 1		Veld 2		Veld 3	
Donderdag	AB	CD	AB	CD	AB	CD
17:30 - 19:00	MC1	MC2	JC2	MC5*	MC4*	MC3*
19:00 - 20:30	MB1	MB2			MB4	MB3
20:30 - 22:00	D2	HVA	HL45+ / Trimmers Do.	D5		

* MC3, MC4, MC5 wisselend op veld 2

	Veld 1		Veld 2		Veld 3	
Dinsdag	AB	CD	AB	CD	AB	CD
17:30 - 18:45	JD1	JD2	MD2/MD3 Combi			
18:45 - 20:15	JA1	MA1	MB1	MB2		
20:15 - 22:00	D1		H1			

	Veld 1		Veld 2		Veld 3	
Vrijdag	AB	CD	AB	CD	AB	CD
16:30 - 17:30	J8E/M8E		J6E/M6E			
17:45 - 19:00	JD1	JD2	MD1	MD2	MD3	
19:00 - 20:30	JA1	MA1	JB1	JC1	JA2	
20:30 - 22:00	H1/D1		H1/D1	HJ1		

	Veld 1		Veld 2		Veld 3	
Woensdag	AB	CD	AB	CD	AB	CD
16:00 - 16:30	Keepers JJ (16:30-17:30)	Benjamins (16:00-17:00)				
16:30 - 17:30	Keepers CD (17:30-18:30)		MF/J6E/M6E			
17:30-19:00	Keepers AB (18:30-19:30)	MD1 (vanaf 17:45)	J8E/M8E (17:45-18:45)			
19:00 - 20:30	Keepers Sen. (19:30-20:30)	MA2	JB1	JA2	MA3	
20:30 - 22:00	DA	H2	D3	D4		