

TRAININGSSCHEMA 20 JUNI T/M 1 JULI 2022

Maandag	Veld 1 (water)	Veld 2 (water)	Veld 3 (zand)	Veld 4 (water)	Veld 5 (semi)	Miniveld 1	Miniveld 2
16.00-16.15							
16.15-16.30							
16.30-16.45							
16.45-17.00							
17.00-17.15							
17.15-17.30	MC1 HEs/RuK	MC2 JPa					
17.30-17.45							
17.45-18.00							
18.00-18.15							
18.15-18.30							
18.30-18.45							
18.45-19.00	MB1 RuK/7	MB2 HDu					
19.00-19.15							
19.15-19.30							
19.30-19.45							
19.45-20.00							
20.00-20.15							
20.15-20.30							
20.30-20.45							
20.45-21.00							
21.00-21.15							
21.15-21.30							
21.30-21.45							
21.45-22.00							
22.00-22.15							
22.15-22.30							
22.30-22.45							

Woensdag	Veld 1 (water)	Veld 2 (water)	Veld 3 (zand)	Veld 4 (water)	Veld 5 (semi)	Miniveld 1	Miniveld 2
14.00-14.15							
14.15-14.30							
14.30-14.45	F (meisjes) Za Jaans	F (jongens) Ja Jaans					
14.45-15.00				F 1a Jaans			
15.00-15.15							
15.15-15.30							
15.30-15.45							
15.45-16.00							
16.00-16.15							
16.15-16.30							
16.30-16.45							
16.45-17.00							
17.00-17.15							
17.15-17.30							
17.30-17.45							
17.45-18.00							
18.00-18.15							
18.15-18.30							
18.30-18.45							
18.45-19.00							
19.00-19.15							
19.15-19.30							
19.30-19.45							
19.45-20.00							
20.00-20.15							
20.15-20.30							
20.30-20.45							
20.45-21.00							
21.00-21.15							
21.15-21.30							
21.30-21.45							
21.45-22.00							
22.00-22.15							
22.15-22.30							

Vrijdag	Veld 1 (water)	Veld 2 (water)	Veld 3 (zand)	Veld 4 (water)	Veld 5 (semi)	Miniveld 1	Miniveld 2
16.00-16.15							
16.15-16.30							
16.30-16.45							
16.45-17.00							
17.00-17.15							
17.15-17.30							
17.30-17.45							
17.45-18.00							
18.00-18.15							
18.15-18.30							
18.30-18.45							
18.45-19.00							
19.00-19.15							
19.15-19.30							
19.30-19.45							
19.45-20.00							
20.00-20.15							
20.15-20.30							
20.30-20.45							
20.45-21.00							
21.00-21.15							
21.15-21.30							
21.30-21.45							
21.45-22.00							
22.00-22.15							

Dinsdag	Veld 1 (water)	Veld 2 (water)	Veld 3 (zand)	Veld 4 (water)	Veld 5 (semi)	Miniveld 1	Miniveld 2
16.00-16.15							
16.15-16.30							
16.30-16.45							
16.45-17.00							
17.00-17.15							
17.15-17.30							
17.30-17.45							
17.45-18.00							
18.00-18.15							
18.15-18.30							
18.30-18.45							
18.45-19.00							
19.00-19.15							
19.15-19.30							
19.30-19.45							
19.45-20.00							
20.00-20.15							
20.15-20.30							
20.30-20.45							
20.45-21.00							
21.00-21.15							
21.15-21.30							
21.30-21.45							
21.45-22.00							
22.00-22.15							
22.15-22.30							
22.30-22.45							

Donderdag	Veld 1 (water)	Veld 2 (water)	Veld 3 (zand)	Veld 4 (water)	Veld 5 (semi)	Miniveld 1	Miniveld 2
15.00-15.15							
15.15-15.30							
15.30-15.45							
15.45-16.00							
16.00-16.15							
16.15-16.30							
16.30-16.45							
16.45-17.00							
17.00-17.15							
17.15-17.30							
17.30-17.45							
17.45-18.00							
18.00-18.15							
18.15-18.30							
18.30-18.45							
18.45-19.00							
19.00-19.15							
19.15-19.30							
19.30-19.45							
19.45-20.00							
20.00-20.15							
20.15-20.30							
20.30-20.45							
20.45-21.00							
21.00-21.15							
21.15-21.30							
21.30-21.45							
21.45-22.00							
22.00-22.15							
22.15-22.30							