

Trainingschema seizoen 2022/23 DEF VERSIE 4.1 20221104

Maandag	1A	1B	8A	8B	7A	7B	7 hoek
15:45 - 16:45							
16:45 - 18:00	JO14-1(16)	MO11-1 (9)	Carrousel O10 (3+4+5)		Carrousel O8 + O9 (6+7+8)		
18:00 - 19:15	MO13-1 (10)	MO13-2 (12)	Carrousel O12 (3+4+5)		Carrousel O11 (15+16)		
19:15 - 20:30	JO17-1(11)	JO17-2(5)	Vrouwen 1(8)	Keeperstraining	MO15-1(6)	MO15-2(14)	>>
20:30 - 22:00	JO18-1(16)		ZA7 (15)	ZA6 (9)			>>

Dinsdag	1A	1B	8A	8B	7A	7B	7 hoek
17:00 - 18:00							
18:00 - 19:15	JO13-3(5)	JO13-4(15)	JO14-2 (7)	JO13-1(6)	JO13-2(8)	JO14-3 (16)	Keeperstraining
19:15 - 20:30	JO16-2(14)	JO16-1(10)	JO15-1(11)	JO15-2(13)	JO15-3(9)	JO16-3 (12)	Keeperstraining
20:30 - 22:00	ZA1 (1)		Onder 23 (2)	ZA2 (16)	ZA8 (15)	ZA11 (8)	>>

Woensdag	1A	1B	8A	8B	7A	7B	7 hoek
15:45 - 16:45	Carrousel O8 + O9						
16:45 - 18:00	Carrousel O10				MO11-1 + JO11-4		
18:00 - 19:15	MO13-1(14)	MO13-2(13)	Carrousel O12		JO11-1/2(15)	JO11-3+JO11-5 (15)	
19:15 - 20:30	MO15-1(6)	JO17-1(11)	Vrouwen 1(8)	ZA3 (7)	MO15-2(9)	G 1(5)	Bootcamp
20:30 - 22:00	VET (10)	ZO2 - ZO3(1+2)	JO18-1(16)	ZA4 (15)	ZA9 (14)	35+ Zat (12)	>>

Donderdag	1A	1B	8A	8B	7A	7B	7 hoek
17:00 - 18:00				>>	>>	>>	>>
18:00 - 19:15	JO13-2(8)	JO14-3 (15)	JO13-1(6)	JO14-1 (16)	JO14-2(7)	JO13-3 / JO13-4	>>
19:15 - 20:30	ZA6 (9)	JO16-1(10)	JO15-1(11)	JO16-3(12)	JO17-2(5)	JO16-2(14)	>>
20:30 - 22:00	ZA1 (1)		Onder 23 (2)	ZA5 (16)	ZO4 (15)	ZAT10 (8)	JO18-1

Vrijdag	1A	1B	8A	8B	7A	7B	7 hoek
16:00 - 16:45			>>	>>	>>	>>	>>
17:00 - 17:45			Footballschool		>>	>>	>>
18:00 - 19:15	Keeperstraining	>>	Footballschool		>>	>>	>>
19:15 - 20:30	Keeperstraining	ZA11 (8)	Footballschool		>>	>>	>>
20:30 - 22:00	ZO2(1)	ZO3(2)	35+ Vrijdag (14)	>>	>>	>>	>>