

Trainingschema 2022-2023 - versie 4-9-2022

| Maandag | Veld D1 | Veld D2 | Veld E1 | Veld E2 | Veld C1 | Veld C2 | Veld B |
|------------------|-------------------|----------------------|-------------------------------------|-------------------|------------------------|---------|--------|
| 16.30 - 17.00 | | | | | | | |
| 17.00 - 17.30 | | | | | | | |
| 17.30 - 18.00 | | JO08-1 t/m JO08-3 | JO09-1 t/m JO09-3 | | | | |
| 18.00 - 18.30 | JO12-2 t/m JO12-4 | | JO10-1 t/m JO10-3 | JO11-1 t/m JO11-2 | JO13-2 | JO13-3 | |
| 18.30 - 19.00 | JO12-2 t/m JO12-4 | | JO10-1 t/m JO10-3 | JO11-1 t/m JO11-2 | JO13-2 | JO13-3 | |
| 19.00 - 19.30 | JO17-1 | JO14-2 | JO15-2 | JO19-1 | JO18-1 | | |
| 19.30 - 20.00 | JO17-1 | JO14-2 | JO15-2 | JO19-1 | JO18-1 | | |
| 20.00 - 20.30 | JO17-1 | JO18-2 | Senioren 1/2 | Senioren 1/2 | | | |
| 20.30 - 21.00 | Recreatie | JO18-2 | Senioren 1/2 | Senioren 1/2 | | | |
| 21.00 - 21.30 | Recreatie | | Senioren 1/2 | Senioren 1/2 | | | |
| 21.30 - 22.00 | Recreatie | | Senioren 1/2 | Senioren 1/2 | | | |
| Dinsdag | | | | | | | |
| 16.30 - 17.00 | | | | | | | |
| 17.00 - 17.30 | | | | | | | |
| 17.30 - 18.00 | MO10-1 | | | | | | |
| 18.00 - 18.30 | MO10-1 | JO12-1: 18.15 -19.15 | JO17-3 | JO13-1 | MO13-1 | JO16-1 | |
| 18.30 - 19.00 | JO15-1 | JO14-1 | MO17-1 | MO15-1 | JO17-2 | | |
| 19.00 - 19.30 | JO15-1 | JO14-1 | MO17-1 | MO15-1 | JO17-2 | | |
| 19.30 - 20.00 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | | | |
| 20.00 - 20.30 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | | | |
| 20.30 - 21.00 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | | | |
| 21.00 - 21.30 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | | | |
| 21.30 - 22.00 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | | | |
| Woensdag | | | | | | | |
| 15.30 - 16.00 | | | | | | | |
| 16.00 - 16.30 | | | | | | | |
| 16.30 - 17.00 | | | | | | | |
| 17.00 - 17.30 | JO07-1 t/m JO07-3 | JO08-1 t/m JO08-3 | JO09-1 t/m JO09-3 | | | | |
| 17.30 - 18.00 | JO07-1 t/m JO07-3 | JO08-1 t/m JO08-3 | JO09-1 t/m JO09-3 | | | | |
| 18.00 - 18.30 | JO12-2 t/m JO12-4 | | JO10-1 t/m JO10-3 | JO11-1 t/m JO11-2 | JO13-2 | JO13-3 | JO14-2 |
| 18.30 - 19.00 | JO12-2 t/m JO12-4 | | JO10-1 t/m JO10-3 | JO11-1 t/m JO11-2 | JO13-2 | JO13-3 | JO14-2 |
| 19.00 - 19.30 | JO17-1 | JO17-2 | JO15-2 | JO18-1 | JO19-1 | | |
| 19.30 - 20.00 | JO17-1 | JO17-2 | JO15-2 | JO18-1 | JO19-1 | | |
| 20.00 - 20.30 | | | Senioren 4 | Senioren 5 | | | |
| 20.30 - 21.00 | | | Senioren 6 | Senioren 4 | Senioren 5 | | |
| 21.00 - 21.30 | | | Senioren 6 | Senioren 4 | Senioren 5 | | |
| 21.30 - 22.00 | | | Senioren 6 | | | | |
| Donderdag | | | | | | | |
| 16.30 - 17.00 | | | | | | | |
| 17.00 - 17.30 | | | | | | | |
| 17.30 - 18.00 | MO10-1 | | | | | | |
| 18.00 - 18.30 | MO10-1 | JO12-1: 18.15 -19.15 | MO13-1 | JO16-1 | JO13-1 | | |
| 18.30 - 19.00 | JO15-1 | JO14-1 | MO13-1 | JO16-1 | JO13-1 | | |
| 19.00 - 19.30 | JO15-1 | JO14-1 | Keeperstraining JO17-16-15-14-13sel | | JO17-3 | JO18-2 | MO15-1 |
| 19.30 - 20.00 | JO15-1 | JO14-1 | Keeperstraining JO17-16-15-14-13sel | | JO17-3 | JO18-2 | MO15-1 |
| 20.00 - 20.30 | Senioren 1/2/3 | Senioren 1/2/3 | Keeperstraining senioren 1/2/3 | Senioren 1/2/3 | Veteranen 1/2 | MO17-1 | |
| 20.30 - 21.00 | Senioren 1/2/3 | Senioren 1/2/3 | Keeperstraining senioren 1/2/3 | Senioren 1/2/3 | Veteranen 1/2 | MO17-1 | |
| 21.00 - 21.30 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | Veteranen 1/2 | | |
| 21.30 - 22.00 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | Senioren 1/2/3 | | | |
| Vrijdag | | | | | | | |
| 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 | | | | | | | |
| Zaterdag | | | | | | | |
| 9.00 - 9.30 | | | | | Mini's/kaboutervoetbal | | |
| 9.30 - 10.00 | | | | | Mini's/kaboutervoetbal | | |