

# Alternatief trainingsschema bij afgelastingen 2025-2026 (even weken)



| C veld - kunstgras |                             |   |        |   |                           |   |        |   |
|--------------------|-----------------------------|---|--------|---|---------------------------|---|--------|---|
| Maandag            | C1                          | K | C2     | K | C3                        | K | C4     | K |
| 18.00 - 19.00      | Circuittraining JO8 & JO9   |   |        |   | Circuittraining JO8 & JO9 |   |        |   |
| 19.15 - 20.15      | Circuittraining JO10 & JO11 |   |        |   | JO14-1                    | 2 | JO14-2 | 3 |
| 20.15 - 21.30      | JO17-1                      | 1 | JO17-1 | 1 | JO16-1                    | 4 | JO16-1 | 4 |

| C veld - kunstgras |         |       |         |       |         |       |        |   |
|--------------------|---------|-------|---------|-------|---------|-------|--------|---|
| Dinsdag            | C1      | K     | C2      | K     | C3      | K     | C4     | K |
| 18.00 - 19.00      |         |       |         |       |         |       |        |   |
| 19.00 - 20.00      | JO19-1  | 1     | JO19-1  | 1     | JO19-2  | 2     | JO19-2 | 2 |
| 20.00 - 21.30      | H1 / H2 | 8 / 3 | H1 / H2 | 8 / 3 | H1 / H2 | 8 / 3 | DAMES  | 4 |

| C veld - kunstgras |        |       |        |       |        |   |        |   |
|--------------------|--------|-------|--------|-------|--------|---|--------|---|
| Woensdag           | C1     | K     | C2     | K     | C3     | K | C4     | K |
| 18.00 - 19.00      | JO10-1 |       | JO10-2 |       | JO10-3 |   | JO10-4 |   |
| 19.00 - 20.00      | JO13-1 | 6     | JO13-1 | 6     | JO11-1 |   | JO11-1 |   |
| 20.00 - 21.30      | DA 7x7 | 8 / 3 | DA 7x7 | 8 / 3 | JO15-1 | 1 | JO15-1 | 1 |

| C veld - kunstgras |              |           |              |           |              |           |        |   |
|--------------------|--------------|-----------|--------------|-----------|--------------|-----------|--------|---|
| Donderdag          | C1           | K         | C2           | K         | C3           | K         | C4     | K |
| 18.00 - 19.00      |              |           |              |           |              |           |        |   |
| 19.00 - 20.00      | JO19-1       | 6         | JO19-2       | 5         | MO15-1       | 1         | JO17-1 | 2 |
| 20.00 - 21.30      | H1 / H2 / H3 | 8 / 3 / 7 | H1 / H2 / H3 | 8 / 3 / 7 | H1 / H2 / H3 | 8 / 3 / 7 | DAMES  | 4 |

| C veld - kunstgras |                 |   |                 |           |                 |           |                 |           |
|--------------------|-----------------|---|-----------------|-----------|-----------------|-----------|-----------------|-----------|
| Vrijdag            | C1              | K | C2              | K         | C3              | K         | C4              | K         |
| 19.00 - 21.30      | Keeperstraining |   | Keeperstraining | 1 / 2 / 3 | Lagere senioren | 1 / 2 / 3 | Lagere senioren | 1 / 2 / 3 |

# Alternatief trainingsschema bij afgelastingen 2024-2025 (oneven weken)



| C veld - kunstgras |                             |   |        |   |                           |   |        |   |
|--------------------|-----------------------------|---|--------|---|---------------------------|---|--------|---|
| Maandag            | C1                          | K | C2     | K | C3                        | K | C4     | K |
| 18.00 - 19.00      | Circuittraining JO8 & JO9   |   |        |   | Circuittraining JO8 & JO9 |   |        |   |
| 19.00 - 20.15      | Circuittraining JO10 & JO11 |   |        |   | JO12-1                    | 6 | JO12-2 | 6 |
| 20.15 - 21.45      | JO15-1                      | 1 | JO15-1 | 1 | JO17-2                    | 3 | JO17-2 | 3 |

| C veld - kunstgras |              |           |              |           |              |           |        |   |
|--------------------|--------------|-----------|--------------|-----------|--------------|-----------|--------|---|
| Dinsdag            | C1           | K         | C2           | K         | C3           | K         | C4     | K |
| 18.00 - 19.00      |              |           |              |           |              |           |        |   |
| 19.00 - 20.00      | JO19-1       | 1         | JO19-1       | 1         | JO19-2       | 2         | JO19-2 | 2 |
| 20.00 - 21.30      | H1 / H2 / H3 | 8 / 3 / 7 | H1 / H2 / H3 | 8 / 3 / 7 | H1 / H2 / H3 | 8 / 3 / 7 | DAMES  | 4 |

| C veld - kunstgras |        |       |        |       |                      |   |                      |   |
|--------------------|--------|-------|--------|-------|----------------------|---|----------------------|---|
| Woensdag           | C1     | K     | C2     | K     | C3                   | K | C4                   | K |
| 18.00 - 19.00      | JO9-1  |       | JO9-2  |       | JO8-1, JO8-2 & JO8-3 |   | JO8-1, JO8-2 & JO8-3 |   |
| 19.00 - 20.00      | JO12-1 | 4     | JO12-2 | 5     | JO11-2               |   | JO11-3               |   |
| 20.00 - 21.30      | DA 7x7 | 8 / 3 | DA 7x7 | 8 / 3 | JO16-1               | 7 | JO17-2               | 4 |

| C veld - kunstgras |              |           |              |           |              |           |        |   |
|--------------------|--------------|-----------|--------------|-----------|--------------|-----------|--------|---|
| Donderdag          | C1           | K         | C2           | K         | C3           | K         | C4     | K |
| 18.00 - 19.00      | MO15-1       | 1         |              |           |              |           |        |   |
| 19.00 - 20.00      | JO19-1       | 4         | JO19-2       | 2         | JO14-1       | 4         | JO14-2 | 5 |
| 20.00 - 21.30      | H1 / H2 / H3 | 8 / 3 / 7 | H1 / H2 / H3 | 8 / 3 / 7 | H1 / H2 / H3 | 8 / 3 / 7 | DAMES  | 6 |

| C veld - kunstgras |                 |   |                 |   |                 |           |                 |           |
|--------------------|-----------------|---|-----------------|---|-----------------|-----------|-----------------|-----------|
| Vrijdag            | C1              | K | C2              | K | C3              | K         | C4              | K         |
| 19.00 - 21.30      | Keeperstraining |   | Keeperstraining |   | Lagere senioren | 1 / 2 / 3 | Lagere senioren | 1 / 2 / 3 |