

| Maandag trainingen |            |     |  |     |                           |              |
|--------------------|------------|-----|--|-----|---------------------------|--------------|
|                    | veld 1     |     | veld 2   |     | veld 3                    |              |
| Tijd               | AB         | CD  | AB   | CD  | AB                        | CD           |
| 1730               | JD1        | JD2 | MC1  | JC2 | JD3                       | Vacant       |
| 1800               |            |     |  |     |                           |              |
| 1830               |            |     |  |     |                           |              |
| 1900               | JB1        | MA1 | keeperstraining lijn<br>teams + senioren (4<br>slots van 45 min) | JC1 | JB2                       | JC3          |
| 1930               |            |     |  |     |                           |              |
| 2000               |            |     |  |     |                           |              |
| 2030               | Trimhockey |     |  | MA2 | Trim indien<br>competitie | Seniorenslot |
| 2100               |            |     |  |     |                           |              |
| 2130               |            |     |  |     |                           |              |

| Dinsdag trainingen |         |         |              |              |              |              |
|--------------------|---------|---------|--------------|--------------|--------------|--------------|
|                    | veld 1  |         | veld 2       |              | veld 3       |              |
| Tijd               | AB      | CD      | AB           | CD           | AB           | CD           |
| 1730               | MD1     | MD2     | MD3          | MD4          | MD5          | MD6          |
| 1800               |         |         |              |              |              |              |
| 1830               |         |         |              |              |              |              |
| 1900               | MB1     | MB2     | MB3          | MB4          | MB5          | MB6          |
| 1930               |         |         |              |              |              |              |
| 2000               |         |         |              |              |              |              |
| 2030               | Heren 1 | Dames 1 | Seniorenslot | Seniorenslot | Seniorenslot | Seniorenslot |
| 2100               |         |         |              |              |              |              |
| 2130               |         |         |              |              |              |              |

| woensdag trainingen |                                   |              |  |                  |                                |                |
|---------------------|-----------------------------------|--------------|--|------------------|--------------------------------|----------------|
|                     | veld 1                            |              | veld 2   |                  | veld 3                         |                |
| Tijd                | AB                                | CD           | AB   | CD               | AB                             | CD             |
| 1500                | MF1, MF2, MF3, MF4<br>JF1         |              | keeperstraining<br>jeugdteam (niet lijn)<br>(4 slots van 45 min) | J & M 1e jaars f |                                | kabouterhockey |
| 1530                |                                   |              |  |                  |                                |                |
| 1600                |                                   |              |  |                  |                                |                |
| 1630                | M6E1, M6E2, M6E3, M6E4 J6E1, J6E2 |              |  | JC3              | M8E1, M8E2, M8E3<br>J8E1, J8E2 |                |
| 1700                |                                   |              |  |                  |                                |                |
| 1730                |                                   |              |  |                  |                                |                |
| 1800                | MC2                               | MC3          |  | MC6 MC7          | MC4                            | MC5            |
| 1830                | JB2                               | MB1          | MC1  | JC1              | JC2                            | MA2            |
| 1900                | Seniorenslot                      | Seniorenslot | Seniorenslot   | Seniorenslot     | Seniorenslot                   | Seniorenslot   |
| 1930                |                                   |              |  |                  |                                |                |
| 2000                |                                   |              |  |                  |                                |                |
| 2030                | Seniorenslot                      | Seniorenslot | Seniorenslot   | Seniorenslot     | Seniorenslot                   | Seniorenslot   |
| 2100                |                                   |              |  |                  |                                |                |
| 2130                |                                   |              |  |                  |                                |                |
| 2200                |                                   |              |  |                  |                                |                |

| Donderdag trainingen |              |              |         |        |              |              |
|----------------------|--------------|--------------|---------|--------|--------------|--------------|
|                      | veld 1       |              | veld 2  |        | veld 3       |              |
| Tijd                 | AB           | CD           | AB      | CD     | AB           | CD           |
| 1630                 | JD1          | JD2          | JD3     | Vacant | Vacant       | Vacant       |
| 1700                 |              |              |         |        |              |              |
| 1730                 |              |              |         |        |              |              |
| 1800                 | MD5          | MD6          | MD1     | MD2    | MD3          | MD4          |
| 1830                 | MB5          | MB6          | MA1     | MB2    | MB3          | MB4          |
| 1900                 | Seniorenslot | Seniorenslot | Dames 1 |        | Seniorenslot | JB1          |
| 1930                 |              |              |         |        |              |              |
| 2000                 |              |              |         |        |              |              |
| 2030                 | Seniorenslot | Seniorenslot | Heren 1 |        | Seniorenslot | Seniorenslot |
| 2100                 |              |              |         |        |              |              |
| 2130                 |              |              |         |        |              |              |
| 2200                 |              |              |         |        |              |              |

| Vrijdag trainingen |   |     |                                 |     |            |        |
|--------------------|---|-----|---------------------------------|-----|------------|--------|
|                    | veld 1                                    |     | veld 2                          |     | veld 3     |        |
| Tijd               | AB  | CD  | AB                              | CD  | AB         | CD     |
| 1600               | M6E1, M6E2, M6E3, M6E4 J6E1, J6E2         |     | Keeperstraining (6 en 8-tallen) |     | Vacant     | Vacant |
| 1630               |   |     |                                 |     |            |        |
| 1700               |   |     |                                 |     |            |        |
| 1730               | M8E1, M8E2, M8E3                          |     |                                 |     | J8E1, J8E2 | Vacant |
| 1800               | MC2                                       | MC3 | MC4                             | MC5 | MC6        | MC7    |
| 1830               | facultatieve training voor jeugd teams    |     |                                 |     |            |        |
| 1900               |   |     |                                 |     |            |        |
| 1930               |   |     |                                 |     |            |        |
| 2000               | facultatieve training voor senioren teams |     |                                 |     |            |        |
| 2030               |   |     |                                 |     |            |        |
| 2100               |   |     |                                 |     |            |        |