

Trainingsprogramma | 2019-2020

| TEAM | MA | V | L | DI | V | L | WO | V | L | DO | V | L |
|-------------|----------------|-------------------|---|----------------|-------------------|-------|----------------|-------------------|---|----------------|-------------------|-------|
| JO17 | 19:30 21:00 | 4 | 8 | | | | 19:30 21:00 | 4 | 8 | | | |
| JO15-1 | 19:30 20:45 | 3AB | 3 | | | | 19:30 20:45 | 3AB | 3 | | | |
| JO15-2 | 19:30 20:45 | 3CD | 4 | | | | 19:30 20:45 | 3CD | 4 | | | |
| JO13-1G | | | | 18:15 19:30 | 4CD | 5 | | | | 18:15 19:30 | 4CD | 5 |
| JO13-2G | | | | 18:15 19:30 | 4AB | 4 | | | | 18:15 19:30 | 4AB | 4 |
| JO12-1G | | | | 18:15 19:15 | 3B | 2 | | | | 18:15 19:15 | 3B | 2 |
| JO11-1G | | | | 18:15 19:15 | 3D | 2 | | | | 18:15 19:15 | 3D | 2 |
| JO10-1 | | | | 18:15 19:15 | 3C | 3 | | | | 18:15 19:15 | 3C | 3 |
| JO9-1 | 18:30 19:30 | 3A | 1 | | | | 18:30 19:30 | 3A | 1 | | | |
| JO9-2G | 18:30 19:30 | 3C | 2 | | | | 18:30 19:30 | 3C | 2 | | | |
| JO8-1 | | | | 18:15 19:15 | 3A | 3 | | | | 18:15 19:15 | 3A | 3 |
| MINI F | | | | | | | 18:15 19:15 | 1 | 7 | | | |
| MEIDEN | 18:30 19:30 | zie eigen team | 6 | 18:15 19:30 | zie eigen team | 6 | 18:15 19:30 | zie eigen team | 6 | 18:15 19:30 | zie eigen team | 6 |
| SEL. HEREN | | | | 20:00 21:30 | 4 | 1 & 8 | | | | 20:00 21:30 | 4 | 1 & 8 |
| SEL. DAMES | | | | 19:30 21:00 | 3AB | 7 | | | | | | |
| LAGERE SEN. | | | | | | | | | | 20:00 20:30 | 3CD | 2 |

