

TRAININGSTIJDEN 2025 - 2026

	15:00 16:00	16:00 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	20:00 20:15	20:15 20:30	20:30 21:00	21:00 21:15	21:15 21:30	21:30 21:45
MA		JO-9	JO-8	JO-8	JO-13	JO-13	JO-17	JO-17	JO-17	MO-20	MO-20	MO-20	MO-20	MO-20
					JO-14	JO-14				LSV VR1	LSV VR1	LSV VR1	LSV VR1	LSV VR1
				JO-11	JO-11									

DI				JO-12	JO-12			JO-19	JO-19	JO-19	JO-19			
			JO-10	JO-10	JO-15	JO-15	JO-15	JO-23	JO-23	JO-23	JO-23			
								LSV 1	LSV 1	LSV 1	LSV 1	LSV 1	LSV 1	

WOE	MOT	JO-9	JO-10	JO-10	JO-13	JO-13	JO-17	JO-17	JO-17	LSV 2	LSV 2	LSV 2	LSV 2	LSV 2
	JO-8	JO-11				MO-20	MO-20	MO-20	MO-20	LSV 3	LSV 3	LSV 3	LSV 3	LSV 3
		JO-12			JO-14	JO-14				35+	35+	35+	35+	35+
										18+	18+	18+	18+	18+
										Walking	Walking	Walking	Walking	Walking
										herintreders		herintreders		

DO					JO-15	JO-15	JO-15		JO-19	JO-19	JO-19	JO-19	JO-19	
									JO-23	JO-23	JO-23	JO-23	JO-23	
								LSV VR1	LSV VR1	LSV VR1	LSV VR1			
									LSV1	LSV1	LSV1	LSV1	LSV1	

DO	KEEPERSTRAINING:		
	ONDERBOUW		17:45 18:30
	MIDDENBOUW JONG		18:30 19:15
	MIDDENBOUW OUD		18:45 19:45
	BOVENBOUW SENIOREN		19:45 20:30