

| <b>Maandag</b>   |       | <b>Trainingsprogramma 2015-2016</b> |           |             |            |                        |
|------------------|-------|-------------------------------------|-----------|-------------|------------|------------------------|
|                  |       | Links A 1                           | Links A 2 | Rechts B 3  | Rechts B 4 | Train veld             |
| 17:00            | 18:00 |                                     |           | F1,F2       | F3,F4      |                        |
| 18:00            | 19:00 | D2                                  | D4        | E1,E2,E3,E5 |            |                        |
| 18:30            | 19:45 |                                     |           |             |            | MC1                    |
| 19:00            | 20:15 | D1                                  |           | D3M         |            |                        |
| 19:45            | 21:00 |                                     |           |             |            | MA1                    |
| 20:15            | 21:30 | B1 selectie                         |           | Sen 8       | Sen 8      |                        |
| <b>Dinsdag</b>   |       | <b>Trainingsprogramma 2015-2016</b> |           |             |            |                        |
|                  |       | Links A 1                           | Links A 2 | Rechts B 3  | Rechts B 4 | Train veld             |
| 18:00            | 19:15 |                                     | C1        | C2          | C3         |                        |
| 18:00            | 19:15 |                                     |           |             |            | Keepers B,C,D,E,F      |
| 18:00            | 19:00 |                                     |           |             |            | E4,E6M                 |
| 19:15            | 20:30 |                                     | A1        |             | B2/B3      | Keepers VR, MA1        |
| 20:30            | 21:45 | Sen.Sel 1                           | Sen.Sel 1 | Sen. Sel 2  | Sen. Sel 2 | Keepers Sen {1,2,3,A,} |
| <b>Woensdag</b>  |       | <b>Trainingsprogramma 2015-2016</b> |           |             |            |                        |
|                  |       | Links A 1                           | Links A 2 | Rechts B 3  | Rechts B 4 | Train veld             |
| 17:45            | 19:00 |                                     |           |             |            | D3M                    |
| 18:00            | 19:00 | E1,E2,E3,E5,                        |           | D2          |            |                        |
| 18:15            | 19:15 |                                     |           |             | D1         |                        |
| 19:00            | 20:00 | MC1                                 |           |             |            |                        |
| 19:15            | 20:30 |                                     | Vrouwen 1 | Vrouwen 1   | Vrouwen 1  |                        |
| 20:15            | 21:30 | MA1                                 |           |             |            |                        |
| 20:30            | 21:45 |                                     |           | B1 selectie |            |                        |
| <b>Donderdag</b> |       | <b>Trainingsprogramma 2015-2016</b> |           |             |            |                        |
|                  |       | Links A 1                           | Links A 2 | Rechts B 3  | Rechts B 4 | Train veld             |
| 17:00            | 18:00 | F1,F2                               |           |             |            |                        |
| 18:00            | 19:15 |                                     |           | C1          |            | C2                     |
| 18:15            | 19:30 | A1                                  |           |             |            |                        |
| 19:00            | 20:00 |                                     |           |             |            | B2                     |
| 19:30            | 21:00 | Sen 1 + 2                           | Sen 1 + 2 | Sen 1 + 2   | Sen 1 + 2  |                        |
| 21:00            | 22:15 | Sen 3 + 4 + 5 + 6 + 7               |           |             |            |                        |

| <b>Kleedkamerindeling:</b> |       |       |     |             |            |
|----------------------------|-------|-------|-----|-------------|------------|
|                            |       |       |     | Team        | Kleedkamer |
| Maandag                    | 17:00 | 18:00 | Uur | F1,F2,F3,F4 | 10         |
|                            | 18:00 | 19:00 | Uur | E1,E2,E3,E5 | 9 + 1      |
|                            | 18:00 | 19:00 | Uur | D2          | 8          |
|                            | 18:00 | 19:00 | Uur | D4          | 7          |
|                            | 18:30 | 19:45 | Uur | MC1         | 4          |
|                            | 19:00 | 20:15 | Uur | D3M         | 3          |
|                            | 19:00 | 20:15 | Uur | D1          | 10         |
|                            | 19:45 | 21:00 | Uur | MA1         | 2          |
|                            | 20:15 | 21:30 | Uur | Sen. 8      | 7          |
|                            | 20:15 | 21:30 | Uur | B.sel       | 9          |
|                            |       |       |     |             |            |

|                  |              |              |            |                     |              |
|------------------|--------------|--------------|------------|---------------------|--------------|
| <b>Dinsdag</b>   | <b>18:00</b> | <b>19:00</b> | <b>Uur</b> | <b>E4</b>           | <b>2.</b>    |
|                  | <b>18:00</b> | <b>19:00</b> | <b>Uur</b> | <b>E6M</b>          | <b>3.</b>    |
|                  | <b>18:00</b> | <b>19:15</b> | <b>Uur</b> | <b>C.sel</b>        | <b>10</b>    |
|                  | <b>18:00</b> | <b>19:15</b> | <b>Uur</b> | <b>C2</b>           | <b>9</b>     |
|                  | <b>18:00</b> | <b>19:15</b> | <b>Uur</b> | <b>C3</b>           | <b>8</b>     |
|                  | <b>18:00</b> | <b>19:15</b> | <b>Uur</b> | <b>Keepers</b>      | <b>1</b>     |
|                  | <b>19:15</b> | <b>20:30</b> | <b>Uur</b> | <b>B2</b>           | <b>5</b>     |
|                  | <b>19:15</b> | <b>20:30</b> | <b>Uur</b> | <b>A2</b>           | <b>7</b>     |
|                  | <b>19:15</b> | <b>20:30</b> | <b>Uur</b> | <b>A1</b>           | <b>6</b>     |
|                  | <b>20:30</b> | <b>21:45</b> | <b>Uur</b> | <b>Sen.1</b>        | <b>1</b>     |
|                  | <b>20:30</b> | <b>21:45</b> | <b>Uur</b> | <b>Sen.2</b>        | <b>9</b>     |
|                  |              |              |            |                     |              |
| <b>Woensdag</b>  | <b>17:45</b> | <b>19:00</b> | <b>Uur</b> | <b>D3M</b>          | <b>3</b>     |
|                  | <b>18:00</b> | <b>19:00</b> | <b>Uur</b> | <b>E1,E2,E3,E5,</b> | <b>9</b>     |
|                  | <b>18:00</b> | <b>19:00</b> | <b>Uur</b> | <b>D2</b>           | <b>8</b>     |
|                  | <b>18:15</b> | <b>19:15</b> | <b>Uur</b> | <b>D1</b>           | <b>10</b>    |
|                  | <b>19:00</b> | <b>20:00</b> | <b>Uur</b> | <b>MC1</b>          | <b>4</b>     |
|                  | <b>19:15</b> | <b>20:30</b> | <b>Uur</b> | <b>VR1</b>          | <b>1</b>     |
|                  | <b>20:15</b> | <b>21:30</b> | <b>Uur</b> | <b>MA1</b>          | <b>2</b>     |
|                  | <b>20:30</b> | <b>21:45</b> | <b>Uur</b> | <b>B.sel</b>        | <b>9</b>     |
|                  |              |              |            |                     |              |
|                  |              |              |            |                     |              |
|                  |              |              |            |                     |              |
| <b>Donderdag</b> | <b>17:00</b> | <b>18:00</b> | <b>Uur</b> | <b>F1,F2</b>        | <b>10.</b>   |
|                  | <b>18:00</b> | <b>19:15</b> | <b>Uur</b> | <b>C1</b>           | <b>1</b>     |
|                  | <b>18:00</b> | <b>19:15</b> | <b>Uur</b> | <b>C2</b>           | <b>4</b>     |
|                  | <b>18:15</b> | <b>19:30</b> | <b>Uur</b> | <b>A1</b>           | <b>6</b>     |
|                  | <b>19:00</b> | <b>20:00</b> | <b>Uur</b> | <b>B2</b>           | <b>5</b>     |
|                  | <b>19:30</b> | <b>21:00</b> | <b>Uur</b> | <b>Sen.1</b>        | <b>10</b>    |
|                  | <b>19:30</b> | <b>21:00</b> | <b>Uur</b> | <b>Sen. 2</b>       | <b>9</b>     |
|                  | <b>21:00</b> | <b>22:15</b> | <b>Uur</b> | <b>Sen 3+4+5+6+</b> | <b>7 + 8</b> |
|                  |              |              |            |                     |              |