

Trainingsschema vanaf maandag 5 januari

M A A N D A G															
Parkstadhal veld 1	Parkstadhal Veld 2	Parkstadhal Veld 3	Parkstadhal Veld 4	Sorghvliethal Veld 5	Sorghvliethal veld 6	Sorghvliethal Veld 7	Gymzaal Lauwers								
halve hal links		halve hal rechts		1/3 hal rechts	1/3 hal midden	1/3 hal midden	hele hal								
16.30								16.30							
16.45								16.45							
17.00								17.00							
17.15								17.15							
17.30	17.30-18.30	17.30-18.30	17.30-18.30			1730-1930		17.30				17.30-19.00		1700-1745	
17.45	Volley stars L2	Volley stars L3	Volley stars L4			MA1		17.45				MC1	bezet	Sportspeeltuin	
18.00		Leonie				Nermin		18.00				Erik		Ellin/Christa	
18.15								18.15						1745-1830	
18.30	18.30-2000		18.30-2000	18.30-20.00				18.30						Volley stars L1	
18.45	D5	18.45-19.45			1830-2000			18.45		18.30-20.00	18.30-20.00			Ellin	
19.00	Henk	Volley stars L5	XC1	Xc2	MA2			19.00		JA1	MB1				
19.15		Demi	Ilse		Michelle			19.15		Ineke	Job		19.00-20.30		
19.30								19.30					MB2		
19.45		19.45-21.15					2000-2200	19.45					Erik		
20.00	20.00-22.00	D3	20.00-22.00		2000-2130		Recreanten	20.00		20.00-21.30	20.00-21.30				
20.15	D2	Geert	D1		Start2Volley			20.15		H2/H3	H2/H3	bezet			
20.30	Henk		Leonie			Bezet		20.30		Gerben	Gerben		20.30-22.00		
20.45					startgroep			20.45					D4		
21.00								21.00					Henk		
21.15		21.15						21.15							
21.30								21.30							
21.45								21.45							
22.00								22.00							

D I N S D A G															
Parkstadhal veld 1	Parkstadhal Veld 2	Parkstadhal Veld 3	Parkstadhal Veld 4	Sorghvliethal Veld 5	Sorghvliethal veld 6	Sorghvliethal Veld 7	Sorghvliethal Veld 8	Hoogkamp							
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W O E N S D A G															
Sorghvliethal veld 8															
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D O N D E R D A G															
Parkstadhal veld 1	Parkstadhal Veld 2	Parkstadhal Veld 3	Parkstadhal Veld 4	Sorghvliethal Veld 5	Sorghvliethal Veld 6	Sorghvliethal Veld 7	Sorghvliethal Veld 8	Gymzaal Soenda							
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