



Trainingschema 2022-2023

Team	KK	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag
VRC 1	10		20.15-21.45		20.15-21.45	
VRC 2	9				20.45-22.00	
VRC 3	3			20.30-21.45		
VRC 4	4			20.30-21.45		
VRC 5	5			20.30-21.45		
VRC 6	6	20.00-21.30				
VRC 7	7		20.30-21.45			
VRC 8	3				19.30-20.45	
VRC 9				20.30-21.45		
VRC O23-1			20.15-21.45		20.15-21.45	
Fysio/Revalidatie				16.00-17.45		
35+ -1	6	20.00-21.00				
35+ -2	5				20.45-22.00	
35+ -3	7				20.45-22.00	
35+ -4	6	20.00-21.00				
G1 en G2	8				19.00-20.00	
G-jeugd	1				19.00-20.00	
Vrouwen 1	1	20.15-21.45		20.15-21.45		
Vrouwen 30+ 1 & 2	8		20.30-21.45			
MO20-1	8	20.15-21.45			19.30-20.45	
MO17-1	1	18.45-20.15		18.30-19.30		
MO15-1	x	18.30-19.45		19.30-20.30		
MO13-1	x	18.45-20.00		18.30-19.30		
MO13-2	x	17.30-18.30		18.30-19.30		
MO11-1	x	17.45-18.45		17.45-18.45		
Dames-train team	x		19.30-20.30			
JO19-1			20.15-21.45		20.15-21.45	
JO19-2			19.00-20.15			
JO18-1			19.30-20.30		18.30-19.30	
JO17-1		19.45-21.15		20.15-21.45		
JO17-2			19.30-20.30			
JO16-1		19.45-21.15		18.45-20.15		
JO16-2			19.00-20.15		18.30-19.30	
JO15-1			18.45-20.15		18.45-20.15	
JO15-2		18.30-19.45		19.30-20.30		
JO15-3		18.45-20.00*		19.30-20.30		
JO14-1			18.45-20.15		18.45-20.15	
JO14-2	x	18.45-20.00*		18.30-19.30		
JO14-3			17.45-19.00		17.45-19.00	
* JO15-3 maandag oneven weken						
* JO14-2 maandag even weken						

Team	KK	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag
JO13-1	x	18.45-20.15			18.45-20.15	
JO13-2	x	18.30-19.45		19.30-20.30		
JO13-3	x	18.45-20.00		18.30-19.30		
JO13-4	x		17.45-19.00		17.45-19.00	
JO13-5	x	17.30-18.30		19.30-20.30		
JO12-1	x		18.30-19.30		18.30-19.30	
JO12-2	x		17.45-19.00		17.45-19.00	
JO12-3	x		17.45-19.00		17.45-19.00	
JO12-4	x	17.30-18.30		17.30-18.30		
JO12-5	x	17.30-18.30		18.30-19.30		
JO11-1	x		17.30-18.45		17.30-18.45	
JO11-2	x		17.45-18.45		17.45-18.45	
JO11-3	x		17.45-18.45		17.45-18.45	
JO11-4	x		17.45-18.45		17.45-18.45	
JO11-5	x		17.45-18.45		17.45-18.45	
JO11-6	x		17.45-18.45		17.45-18.45	
JO10-1	x	17.45-18.45		17.30-18.30		
JO10-2	x	17.45-18.45		17.30-18.30		
JO10-3	x	17.45-18.45		17.30-18.30		
JO10-4	x	17.45-18.45		17.30-18.30		
JO10-5	x	17.45-18.45		17.30-18.30		
JO10-6	x	17.45-18.45		17.30-18.30		
JO9-1	x	17.45-18.45		17.45-18.45		
JO9-2	x	17.45-18.45		17.45-18.45		
JO9-3	x	17.45-18.45		17.45-18.45		
JO9-4	x	17.45-18.45		17.45-18.45		
JO9-5	x	17.45-18.45		17.45-18.45		
JO9-6	x	17.45-18.45		17.45-18.45		
JO9-7	x	17.45-18.45		17.45-18.45		
JO9-8	x	17.45-18.45		17.45-18.45		
JO8-1	x		17.30-18.30		17.30-18.30	
JO8-2	x		17.30-18.30		17.30-18.30	
JO8-3	x		17.30-18.30		17.30-18.30	
JO8-4	x		17.30-18.30		17.30-18.30	
JO8-5	x		17.30-18.30		17.30-18.30	
JO8-6	x		17.30-18.30		17.30-18.30	
JO8-7	x		17.30-18.30		17.30-18.30	
JO8-8	x		17.30-18.30		17.30-18.30	
Spitsies & Tijgers	x			17.30-18.30		
Keepers (Matthijs)	10		20.15-21.45			
Keepers (Marco)	x			17.30-18.30		
Keepers (Ries)	x	20.00-21.00			17.45-18.45	
Keepers (Dons)	x		17.30-19.30			
Keepers (Leroy)	x					17.00-19.00
Voetbal Academie	9 en 10					17.15-18.30
Scheidsrechters	6		19.30-21.00		19.30-21.00	