

Maandag				Woensdag			
	Veld 1	Veld 2	Veld 3		Veld 1	Veld 2	Veld 3
14:15	Sportspeeltuin			14:15	Gym groep 2 14:15 - 15:15	Level 1 + volleyspeeltuin	Dynamic Tennis
14:30	14:15 - 15:00			14:30			
14:45	Trainer: Nettie en Astin			14:45		14:15 - 15:15	
15:00				15:00		Trainer: Nettie	
15:15	Sportspeeltuin			15:15			
15:30	15:15 - 16:00			15:30	Gym groep 1 15:30 - 16:30	Level 3	Woensdag Blok 1: 10:15 - 11:15 Blok 2: 11:15 - 12:15 Trainer: Poule trainers
15:45	Trainer: Nettie en Astin			15:45		15:30-16:30	
16:00				16:00	Gym groep 3 16:45 - 17:45	Trainer: Nettie	
16:15	Level 4 & 5			16:15			
16:30	16:15 - 17:15			16:30			
16:45	Trainer: Nettie en Astin			16:45	Trainer: Wendy/ Astin	Level 4 & 5	Dames 1
17:00				17:00		16:45-17:45	
17:15	Level 1 & 3			17:15		Trainer: Nettie	
17:30	17:15 - 18:15			17:30			
17:45	Trainer: Nettie en Astin			17:45	A1	B1	
18:00		B1 18:00 - 19:30		18:00	17:45 - 19:00	17:45 - 19:00	Dinsdag 18:30 - 20:00 Sporthal De Wendeling Gieten Trainer: Geco
18:15	C1			18:15			
18:30	18:15 - 19:30	Trainer: Nettie		18:30	Trainer: Geco	Trainer: Astin/ Berthold?	
18:45				18:45		Trainer: Berend/ Nettie	
19:00	Trainer: Astin		D2 19:00 - 20:30	19:00	H1	D2	
19:15				19:15		19:00 - 20:30	D4 nieuw 19:00 - 20:00
19:30		A1 19:30 - 21:00	Trainer: Ashraf	19:30	19:00 - 20:30	Trainer: Ashraf	Trainer: Nettie
19:45	Keep Fit 19:30 - 20:30			19:45			
20:00	Nancy			20:00			D4 comp.team 20:0 - 21:30
20:15		Trainer: Lotta		20:15			
20:30	Recreanten 20:30 - 21:15		D3 20:30 - 22:00	20:30	D1	H2	
20:45				20:45	20:30 - 22:30	20:30 - 22:00	Trainer: Nettie
21:00				21:00			
21:15	Wissel van veld		Trainer: Bas	21:15	Trainer: Geco	Trainers:Alwin/ Erik	
21:30				21:30			
21:45		Recreanten 21:15 - 22:00		21:45			
22:00				22:00			
22:15				22:15			
22:30				22:30			
22:45				22:45			
23:00				23:00			