## Maandag

| van | tot | Veld 1 - water A | Veld 1 - water B | Veld 2 - water A | Veld 2 - water B | Veld 3 - water A | Veld 3 - water B | Veld 4 - zand A | Veld 4 - zand B | Veld 5 - zand A | Veld 5 - zand B | Veld 6 - water A | Veld 6 - water B | Oefencirkel |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 15:00 | 15:15 | | | | | | | | | | | | | |
| 15:15 | 15:30 | | | | | | | | | | | | | |
| 15:30 | 15:45 | | | | | | | | | | | | | |
| 15:45 | 16:00 | | | | | | | | | | | | | |
| 16:00 | 16:15 | | | | | | | | | | | | | |
| 16:15 | 16:30 | JO12-2 Florian | JO12-1 Anne-Julie | MO12-1 Luc | MO12-2 Nienke Kok | MO12-3 Christoph | MO12-4 | | | | | | | Kracht |
| 16:30 | 16:45 | | | | | | | | | | | | | Kracht |
| 16:45 | 17:00 | | | | | | | | | | | | | Kracht |
| 17:00 | 17:15 | | | | | | | | | | | | | Kracht |
| 17:15 | 17:30 | | | | | | | | | | | | | Kracht |
| 17:30 | 17:45 | JO14-1 Florian | JO14-2 Lotte | MO14-1 Kars & Gijs | MO14-2 Nina | HockeyAcademy | HockeyAcademy | MO14-5 Roos Nagtegaal | MO18-5 Jeffrey Martijn | | | MO16-1 Luc | MO16-2 Nienke Kok | Kracht |
| 17:45 | 18:00 | | | | | | | | | | | | | Kracht |
| 18:00 | 18:15 | | | | | | | | | | | | | Kracht |
| 18:15 | 18:30 | | | | | | | | | | | | | Kracht |
| 18:30 | 18:45 | | | | | | | | | | | | | Kracht |
| 18:45 | 19:00 | | | | | | | | | | | | | Kracht |
| 19:00 | 19:15 | JO18-1 Florian | MO18-1 Maarten Wonink | JO16-2 Nienke Kok | JO16-1 Thom & Luc | JO18-2 Matthijs Boon | MO16-5 Anne-Julie | Dames T - Roos Nagtegaal | | Korfbal | | MO18-2 Lotte | MO18-3 Jeffrey Martijn | Kracht |
| 19:15 | 19:30 | | | | | | | | | | | | | Kracht |
| 19:30 | 19:45 | | | | | | | | | | | | | |
| 19:45 | 20:00 | | | | | | | | | | | | | |
| 20:00 | 20:15 | | | | | | | | | | | | | |
| 20:15 | 20:30 | | | | | | | | | | | | | |
| 20:30 | 20:45 | Bedrijfscompetitie | | Bedrijfscompetitie | | Trimmers | | Bedrijfscompetitie | | | | Bedrijfscompetitie | | |
| 20:45 | 21:00 | | | | | | | | | | | | | |
| 21:00 | 21:15 | | | | | | | | | | | | | |
| 21:15 | 21:30 | | | | | | | | | | | | | |
| 21:30 | 21:45 | | | | | | | | | | | | | |
| 21:45 | 22:00 | | | | | | | | | | | | | |
| 22:00 | 22:15 | | | | | | | | | | | | | |
| 22:15 | 22:30 | | | | | | | | | | | | | |

## Dinsdag

| van | tot | Veld 1 - water A | Veld 1 - water B | Veld 2 - water A | Veld 2 - water B | Veld 3 - water A | Veld 3 - water B | Veld 4 - zand A | Veld 4 - zand B | Veld 5 - zand A | Veld 5 - zand B | Veld 6 - water A | Veld 6 - water B | Oefencirkel |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 14:45 | 15:00 | | | | | | | | | | | | | |
| 15:00 | 15:15 | | | | | | | | | | | | | |
| 15:15 | 15:30 | | | | | | | | | | | | | |
| 15:30 | 15:45 | | | | | | | | | | | | | |
| 15:45 | 16:00 | | | | | | | | | | | | | |
| 16:00 | 16:15 | | | | | | | | | | | | | |
| 16:15 | 16:30 | | | MO11-1 Lynn/ Christoph | | | | | | | | | JO12-3 Levi Friedman | |
| 16:30 | 16:45 | Heren 1 | | | | | | | | | | | | |
| 16:45 | 17:00 | | | | | MO14-6 Jennifer v. Rooijen | MO14-7 Noor Wolters | | | | | | | |
| 17:00 | 17:15 | | | | | | | | | | | | | |
| 17:15 | 17:30 | | | MO14-3 Christoph | MO14-4 Anne-Julie | | | MO16-7 | MO16-8 | | | JO14-3 Floris Prinssen | JO14-4 Boudewijn | |
| 17:30 | 17:45 | | | | | | | | | | | | | |
| 17:45 | 18:00 | | | | | | | | | | | | | Warmlopen MO18-4, MO18-6 |
| 18:00 | 18:15 | MO18-4 Jennifer v. Rooijen | MO18-6 Emma Berkers | | | JO16-1 Thom | JO18-1 Mees | | | | | | | |
| 18:15 | 18:30 | | | | | | | | | | | | | |
| 18:30 | 18:45 | | | JO16-4 Tim Thijmen | JO16-3 Anne-Julie | | | MO18-7 | | | | MO16-3 Floris Prinssen | MO16-4 Boudewijn | |
| 18:45 | 19:00 | | | | | | | | | | | | | |
| 19:00 | 19:15 | Dames 1 | | | | | | | | | | | | |
| 19:15 | 19:30 | | | | | | | | | | | | | |
| 19:30 | 19:45 | | | | | Heren 1 | | | | | | | | |
| 19:45 | 20:00 | | | Dames Vet C | Dames 4 / Dames 3 | | | Dames 13 / Dames 14 (Veldwissel) | Dames 22 / Dames 23 | Dames 24 | Dames 26 | Dames 13 / Dames 14 | Dames 10 / Dames 11 | |
| 20:00 | 20:15 | | | | | | | | | | | | | |
| 20:15 | 20:30 | | | | | | | | | | | | | |
| 20:30 | 20:45 | | | | | | | | | | | | | H8 |
| 20:45 | 21:00 | | | | | | | | | | | | | |
| 21:00 | 21:15 | | | | | | | | | | | | | |
| 21:15 | 21:30 | | | | | | | | | | | | | |
| 21:30 | 21:45 | Dames 5 | Heren 9 | Dames 22 / Dames 23 | Dames 4 / Dames 3 | | | Dames 20 | Dames 27 | Jong D4 | | Dames 6 (2e) | Dames 10 / Dames 11 | |
| 21:45 | 22:00 | | | | | | | | | | | | | |
| 22:00 | 22:15 | | | | | | | | | | | | | |
| 22:15 | 22:30 | | | | | | | | | | | | | |

## Woensdag

| van | tot | Veld 1 - water A | Veld 1 - water B | Veld 2 - water A | Veld 2 - water B | Veld 3 - water A | Veld 3 - water B | Veld 4 - zand A | Veld 4 - zand B | Veld 5 - zand A | Veld 5 - zand B | Veld 6 - water A | Veld 6 - water B | Oefencirkel |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 14:30 | 14:45 | | | | | | | | | | | | | |
| 14:45 | 15:00 | | | | | | | | | | | | | |
| 15:00 | 15:15 | | | | | | | | | | | | | |
| 15:15 | 15:30 | Benjamins + Funkey (5x) | | JO9-Groen JO9- Rood | JO9-Blauw JO8-Blauw | | | | | NSG | | | | |
| 15:30 | 15:45 | | | | | | | | | | | | | |
| 15:45 | 16:00 | | | | | | | | | | | | | |
| 16:00 | 16:15 | | | | | | | | | | | | | |
| 16:15 | 16:30 | MO8-Geel MO8-Groen | MO8-Oranje MO8-Paars | MO10-Rood MO10- Geel | MO10-Blauw | MO11-4 | Keepers JJ-jeugd | MO9-Blauw MO9-Geel | MO9-Groen MO9-Rood | | | MO11-3 Pauline & Cato | JO12-1 Joost Prick/ AJ | JO14-1, MO14-1, MO16-1 |
| 16:30 | 16:45 | | | | | | | | | | | | | |
| 16:45 | 17:00 | | | | | | | | | | | | | |
| 17:00 | 17:15 | | JO11-1 Christoph | | | | | | | | | | | |
| 17:15 | 17:30 | MO16-1 Roel | | JO10-Blauw JO10-Groen | MO10-Oranje MO10-Groen | MO11-2 Noelle van Dam | Vaste keepers O11 & O12 + wisselkeepers breedte | G-hockey 1 + 2 Tom + ROC | | | | MO12-1 Pipp | MO14-5 Anne-Julie | MO18-1, JO16-1, JO18-1 |
| 17:30 | 17:45 | | | | | | | | | | | | | |
| 17:45 | 18:00 | | MO16-6 | | | | | | | | | | | |
| 18:00 | 18:15 | | | | | | | | | | | | | |
| 18:15 | 18:30 | | | JO14-1 Florian & Lotte | MO18-1 Maarten Wonink & Christoph | MO14-1 Kars | Vaste keepers Breedte jeugd | | | | | | | Dames 1 |
| 18:30 | 18:45 | | | | | | | | | | | | | |
| 18:45 | 19:00 | | | | | | | MO16-5 Pipp | MO18-3 Nienke Verdiessen | | | MO18-2 Jeffrey Martijn | JO18-2 Nienke Kok | |
| 19:00 | 19:15 | | | | | | | | | | | | | |
| 19:15 | 19:30 | | | | | | Keepers Senioren | | | | | | | MO14-2, MO16-2, JO14-2, JO16-2 |
| 19:30 | 19:45 | Dames 1 | | | | | | | | | | | | |
| 19:45 | 20:00 | | | | | | | | | | | | | |
| 20:00 | 20:15 | | | Heren 6 / Dames 7 | Heren 10 / Dames 16 | Dames Vet A / Dames Vet B | Dames 2 | Jong D2 / Dames 12 | Dames 15 / Dames 19 | | | Jong D2 / Dames 12 | Dames 15 / Dames 19 | |
| 20:15 | 20:30 | | | | | | | | | | | | | |
| 20:30 | 20:45 | | | | | | | | | | | | | |
| 20:45 | 21:00 | | | | | | | | | | | | | |
| 21:00 | 21:15 | | | | | | | | | | | | | |
| 21:15 | 21:30 | | | | | | | | | | | | | |
| 21:30 | 21:45 | Heren 11 | Jong D3 | Heren 6 / Dames 7 | Heren 10 / Dames 16 | Dames Vet A / Dames Vet B | | | Jong H1 - Trimmers met wedstrijd | | | Trimmers | Jong H1 - Trimmers geen wedstrijd | |
| 21:45 | 22:00 | | | | | | | | | | | | | |
| 22:00 | 22:15 | | | | | | | | | | | | | |
| 22:15 | 22:30 | | | | | | | | | | | | | |

## Donderdag

| van | tot | Veld 1 - water A | Veld 1 - water B | Veld 2 - water A | Veld 2 - water B | Veld 3 - water A | Veld 3 - water B | Veld 4 - zand A | Veld 4 - zand B | Veld 5 - zand A | Veld 5 - zand B | Veld 6 - water A | Veld 6 - water B | Oefencirkel |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 15:30 | 15:45 | | | | | | | | | | | | | |
| 15:45 | 16:00 | | | | | | | | | | | | | |
| 16:00 | 16:15 | | | | | | | | | | | | | |
| 16:15 | 16:30 | | | JO12-2 Teun B. | JO12-3 Christoph | | | | | | | MO12-3 Silke & Madeleine | MO12-4 Noor Wolters | |
| 16:30 | 16:45 | | | | | | | | | | | | | |
| 16:45 | 17:00 | | | | | | | | | | | | | JO14-3 JO14-4 Warmlopen |
| 17:00 | 17:15 | JO16-1 Thom | Heren 1 | | | MO14-2 Nina | JO14-2 Luc | MO14-6 Noor Wolters & Rozemarijn Trouw | MO14-7 Boudewijn | | | JO14-3 Tim Thijmen | JO14-4 Anne-Julie | |
| 17:15 | 17:30 | | | | | | | | | | | | | |
| 17:30 | 17:45 | | | | | | | | | | | | | |
| 17:45 | 18:00 | | | MO12-2 Roos & Maud | MO14-3 Anne-Carlijn | | | | | | | | | |
| 18:00 | 18:15 | | | | | | | | | | | | | |
| 18:15 | 18:30 | | | | | | | | | | | MO16-1 Roel & Luc | JO16-2 Nienke Kok | |
| 18:30 | 18:45 | Heren 1 | | JO16-3 Tim Thijmen | MO16-2 Anne-Carlijn | MO18-1 Christoph | JO18-1 Mees | MO16-4 Nina | JO16-4 Boudewijn | MO18-4 Emma Berkers | | | | |
| 18:45 | 19:00 | | | | | | | | | | | | | |
| 19:00 | 19:15 | | | | | | | | | | | | | |
| 19:15 | 19:30 | | | | | | | | | | | | | |
| 19:30 | 19:45 | | | | | | | | | | | | | |
| 19:45 | 20:00 | | | Heren 8 / Dames 6 | Heren 4 / Heren 5 | Heren 2 / Dames 18 | Heren 3 / Dames 9 | Dames 17 | Dames 21 | Dames 25 | | Heren Vet C | Dames 8 | Dames 4 (2) |
| 20:00 | 20:15 | | | | | | | | | | | | | |
| 20:15 | 20:30 | | | | | | | | | | | | | |
| 20:30 | 20:45 | | | | | | | | | | | | | |
| 20:45 | 21:00 | | | | | | | | | | | | | |
| 21:00 | 21:15 | | | | | | | | | | | | | |
| 21:15 | 21:30 | | | | | | | | | | | | | |
| 21:30 | 21:45 | Heren Vet A | Heren Vet B | Dames 6 / Heren 8 | Heren 5 / Heren 4 | Heren 2 / Dames 18 | Heren 3 / Dames 9 | | | Jong D1 - Trimmers met wedstrijd | | Trimmers | Jong D1 - Trimmers zonder thuiswedstrijd | |
| 21:45 | 22:00 | | | | | | | | | | | | | |
| 22:00 | 22:15 | | | | | | | | | | | | | |
| 22:15 | 22:30 | | | | | | | | | | | | | |

## Vrijdag

| van | tot | Veld 1- water A | Veld 1- water B | Veld 2 - water A | Veld 2 - water B | Veld 3 A | Veld 3 B | Veld 4 - zand A | Veld 4 - zand B | Veld 5 - zand A | Veld 5 - zand B | Veld 6 - water A | Veld 6 - water B | Oefencirkel |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 14:45 | 15:00 | | | | | | | | | | | | | |
| 15:00 | 15:15 | | | | | | | | | | | | | |
| 15:15 | 15:30 | | | | | | | | | | | | | |
| 15:30 | 15:45 | Instuif O8-O9 | | | | | | | | | | | | |
| 15:45 | 16:00 | | | | | | | | | | | | | |
| 16:00 | 16:15 | | | JO12-1 AJ & Joost Prick | | Carroussel MO10 | | | | | | | | Cornertraining |
| 16:15 | 16:30 | | | | | | | | | | | | | |
| 16:30 | 16:45 | | | | | | | | | | | | | |
| 16:45 | 17:00 | | | | | | | | | | | | | |
| 17:00 | 17:15 | JO10 | | | | | | | | | | | | |
| 17:15 | 17:30 | | | | | | | | | | | | | |
| 17:30 | 17:45 | | | MO12-1 Pipp | JO11-1 Anne-Julie | Carrousel MO11 1-2-3-4 | | | | | | JO14-1 Lotte | MO14-1 Kars & Gijs | |
| 17:45 | 18:00 | | | | | | | | | | | | | |
| 18:00 | 18:15 | | | | | | | | | | | | | |
| 18:15 | 18:30 | | | | | | | | | | | | | |
| 18:30 | 18:45 | | | Carrousel MO16-8 MO18-5 MO18-6 MO18-7 | | MO16-6 Apeliotes D1 | MO16-7 Apeliotes D1 | | | | | | | |
| 18:45 | 19:00 | | | | | | | | | | | | | |
| 19:00 | 19:15 | | | | | | | | | | | MO16-3 Lotte | MO14-4 Pipp | |
| 19:15 | 19:30 | | | | | | | | | | | | | |
| 19:30 | 19:45 | Heren 1 | | | | Dames 1 Martin v/d Rakt | | | | | | | | |
| 19:45 | 20:00 | | | | | | | | | | | | | |
| 20:00 | 20:15 | | | | | | | | | | | | | |
| 20:15 | 20:30 | | | | | | | | | | | | | |
| 20:30 | 20:45 | | | | | | | | | | | | | |
| 20:45 | 21:00 | | | | | | | | | | | | | |
| 21:00 | 21:15 | | | | | | | | | | | | | |
| 21:15 | 21:30 | | | | | | | | | | | | | |
| 21:30 | 21:45 | Apeliotes H1 | | Apeliotes D1 | | | | | | | | Apeliotes H2 | Heren 12 | |
| 21:45 | 22:00 | | | | | | | | | | | | | |
| 22:00 | 22:15 | | | | | | | | | | | | | |
| 22:15 | 22:30 | | | | | | | | | | | | | |