

TRAININGSSCHEMA 2021-2022 - WEEK 1

week van 2/8 - 16/8 - 30/8 - 13/9 - 27/9 - 11/10 - 25/10 - 8/11 - 22/11 - 6/12 - 20/12 - 3/1 - 17/1 - 31/1 - 14/2 - 28/2 - 14/3 - 28/3 - 11/4 - 25/4

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG
SPORTTERREIN S2 (KG)					
16u45-17u45			IPU14		
16u45-18u00			IPU12		
18u00-19u15			Keepers		
18u00-19u15	IPU12	IPU14	GU12	IPU11	IPU13
18u15-19u30			GU9	GU12	
18u15-19u30			IPU13		
19u30-21u00	IPU15	GU15/L	IPU15	GU15/L	GU21
19u30-21u00		IPU19	Beloften	IPU19	Beloften
SPORTTERREIN S3					
16u45-18u00			Keepers		
18u00-19u15	GU13	IPU13		IPU14	IPU12
19u30-21u00	IPU19	Beloften		IPU17	IPU15
VELODROOM 1 (KG)					
13u30-14u45			GU15/JP	GU17	
16u00-17u15			Vbschool	GU8/I	
17u45-19u00	Keepers		GU11/DD		GU11/DD
18u00-19u15	GU11/DB	U10	PU8		IPU11
18u00-19u15	GU8/J		PU9	GU7	U10
17u00-18u00					1ste ploeg
17u00-18u00					Techniek
19u30-21u00	IPU17	IPU16	1ste ploeg	IPU17	IPU16
19u30-21u00					
VELODROOM 2					
16u30-17u45					
17u45-19u00		Keepers	GU11/DD		
18u00-19u15	PU8	PU9		GU7	GU8/J
18u00-19u15	GU15/JP	GU17	Keepers	U10	GU11/DB
19u30-21u00					IPU16
DUIVELTJESTERREIN					
17u45-19u00					
18u00-19u15	GU9		Keepers	Keepers	
18u00-19u15					
18u15-19u30					
WIJNENDALE					
18u00-19u15	GU8/I				
18u30-19u45					
19u00-15u15					
19u30-21u00	GU21				
MAST					
17u00-18u00					
18u00-19u00					
ROZEVELD					
17u45-19u00					
18u00-19u15					
19u00-15u15					
19u30-15u45					



TRAININGSSCHEMA 2021-2022 - WEEK 2

Week van 9/8 - 23/8 - 6/9 - 20/9 - 4/10 - 18/10 - 1/11 - 15/11 - 29/11 - 13/12 - 27/12 - 10/1 - 24/1 - 7/2 - 21/2 - 7/3 - 21/3 - 4/4 - 18/4

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG
SPORTTERREIN S2 (KG)					
16u45-17u45			IPU14		
16u45-18u00			IPU12		
17u45-19u00			GU9		
18u00-19u15	IPU12	IPU14	GU12	Keepers	IPU11
18u15-19u30			IPU13	GU13	IPU13
19u30-21u00	IPU15	GU15/L	IPU15	IPU19	GU21
19u30-21u00		Beloften	GU15/L	Beloften	
SPORTTERREIN S3					
16u45-18u00			Keepers		
18u00-19u15	GU13	IPU13	Keepers	IPU14	IPU12
19u30-21u00	IPU19	Beloften		IPU17	IPU15
VELODROOM 1 (KG)					
13u30-14u45			GU15/JP		
16u00-17u15			Vbschool	GU7	
17u00-18u00			GU8/I		Techniek
17u45-19u00	Keepers			GU11/DD	
18u00-19u15	GU11/DB	U10	PU8	PU8	Keepers
18u00-19u15	GU8/J		PU9	GU7	1ste ploeg
19u30-21u00	IPU17	IPU16	IPU17	IPU16	1ste ploeg
VELODROOM 2					
18u00-19u15	PU9	PU8	U10		
17u45-19u00			Keepers	GU11/DD	
19u30-21u00	GU15/JP	GU17	Keepers	GU11/DB	GU7
DUIVELTJESTERREIN					
17u45-19u00			Keepers		
18u00-19u15	GU9				
WIJNENDAELE					
18u00-19u15	GU8/I				
18u30-19u45					
19u00-15u15					
19u30-21u00	GU21				
MAST					
17u00-18u00					
18u00-19u00					
ROZEVELD					
17u45-19u00					
18u00-19u15					
19u00-15u15					
19u30-15u45					

