



AG trainingen 25-26 vanaf 01-01-26.

WEEK	Maa					
	Fitness	Camp 1	Camp 2	Camp 3	RL1	RL2
08:00-09:30		U20	U20			
11:00-12:00						
12:00-14:00						
14:00-14:30		U20	U20			
14:30-15:00		U20	U20			
15:00-15:30						
15:30-16:00						
16:00-16:30						
16:30-17:00						
17:00-17:30					U14A	M12
17:30-18:00		U18B		U18	U14A	M12
18:00-18:30		U18B		Spec	U14A	M12
18:30-19:00		U18B		U14B	M14-16A	M14-16A
19:00-19:30		AG2	AG3	U14B	M14-16A	M14-16A
19:30-20:00		AG2	AG3	U14B	M14-16A	M14-16A
20:00-20:30	DSE A	AG2	AG3	M19A		
20:30-21:00	AG2	AG 4	DSE A	DSE B		
21:00-21:30	AG3	&	DSE A	M19A		
21:30-22:00		U21B	DSE A	DSE B		
22:00-22:30						

	Don					
	Fitness	Camp 1	Camp 2	Camp 3	RL1	RL2
08:00-09:30		U20	U20			
11:00-12:00						
12:00-14:00						
14:00-14:30		U20	U20			
14:30-15:00		U20	U20			
15:00-15:30						
15:30-16:00						
16:00-16:30						
16:30-17:00						
17:00-17:30				M12	U12A	U10A
17:30-18:00		U14B	U16	M12	U12A	U10A
18:00-18:30		U14B	U18	M12	U12A	U10A
18:30-19:00		U14B	U18B	U16B	U12A	U10A
19:00-19:30		MU14	U18B	U16B	M16A	U12ini/C
19:30-20:00		MU14	U18B	U16B	M16A	U12ini/C
20:00-20:30		MU14	AG3	AG2	M16A	U12ini/C
20:30-21:00		DSE A	AG3	AG2	DSE C	DSE B
21:00-21:30		DSE A	AG3	AG2	M19B	M19A
21:30-22:00		DSE A	AG3	AG2	DSE C	DSE B

	Di					
	Fitness	Camp 1	Camp 2	Camp 3	RL1	RL2
08:00-09:30		U20	U20			
11:00-12:00						
12:00-14:00						
14:00-14:30		U20	U20			
14:30-15:00		U20	U20			
15:00-15:30						
15:30-16:00						
16:00-16:30						
16:30-17:00					U10A	U12B
17:00-17:30					U10A	U12B
17:30-18:00					U10A	U12B
18:00-18:30		U12A	U12A	U12A	U10B	U16A
18:30-19:00			U12A		U10B	U16A
19:00-19:30			U12A	MU14	U10B	U16A
19:30-20:00			U12A	MU14		
20:00-20:30		AG2	AG3	MU14		
20:30-21:00		AG2	AG3	DSE A		
21:00-21:30		AG2	AG3	DSE A		
21:30-22:00		AG2	AG3	DSE A		
22:00-22:30		AG2	AG3	DSE A		

	Vrij					
	Fitness	Camp 1	Camp 2	Camp 3	RL1	RL2
08:00-09:30		U20	U20			
11:00-12:00						
12:00-14:00						
14:00-14:30		U20	U20			
14:30-15:00		U20	U20			
15:00-15:30						
15:30-16:00						
16:00-16:30						
16:30-17:00						
17:00-17:30					U8A	U8B
17:30-18:00		U10B		U14A	U8A	U8B
18:00-18:30	U16A	U10B		U14A	U8A	U8B
18:30-19:00		U16A		U14A	AG 4	M16B
19:00-19:30		U16A			&	M16B
19:30-20:00		U16A			U21B	M16B
20:00-20:30						
20:30-21:00		AVVV	AG2	AG3		
21:00-21:30		AVVV				
21:30-22:00		AVVV				

	Woe					
	Fitness	Camp 1	Camp 2	Camp 3	RL1	RL2
08:00-09:30						
10:00-13:00						
13:30-14:00		U5/U6	U10 ini			
14:00-14:30		U5/U6	U10 ini	Spec		
14:30-15:00		U12A-B	U12A-B	U16		
15:00-15:30		U12A-B	U12A-B	U18		
15:30-16:00		U12A-B	U12A-B	Spec		
16:00-16:30		U10A-B	U10A-B	U16A		
16:30-17:00	U14A	U10A-B	U10A-B	U16A		
17:00-17:30	U14A	U10A-B	U10A-B	U16A		
17:30-18:00	U16A	U8A	U8B	U14A		
18:00-18:30	U16A	U8A	U8B	U14A		
18:30-19:00		U8A	U8B	U14A		
19:00-19:30		DSE B	M16B	M16A	U16B	U18B
19:30-20:00	AG3	M19A	M16B	M16A	U16B	U18B
20:00-20:30	AG2	DSE B	M16B	M16A	U16B	U18B
20:30-21:00		AG2	AG3	AG 4	DSE C	DSE C
21:00-21:30		AG2	AG3	&	M19B	M19B
21:30-22:00		AG2	AG3	U21B	DSE C	DSE C
22:00-22:30						