

## Trainingschema seizoen 2009 - 2010

(ingaaude maandag 24 augustus)

### Maandag

Spectrum	Veld 1	Trainer
16.30 - 17.45	JU14-2 + JU14-3 + recreanten	Wilma
17.45 - 19.00	JU14-1	Jibbe / Dominico
19.00 - 20.30	Rollers	Martin / René
20.30 - 22.00	Dames 1 + Dames 2	Coen

Spectrum	Veld 2	Trainer
17.00 - 18.30	MU14-1 + bank	Robin
18.30 - 20.30	MU16-1 + MU18-1	Linda
20.30 - 22.00	Heren 2 + Heren 3	Frank / Alwin

Spectrum	Veld 3	Trainer
17.30 - 19.00	JU16-1 + JU16-2	Paul
19.00 - 20.30	JU18-1 + JU20-1	Ron
20.30 - 22.00	Heren 1	Haico

Nova College	Zaal 1-2	Trainer
16.30 - 17.45	U12 recreanten mix	Ineke + Ineke
17.45 - 19.00	JU16-3 + JU16-4 + recreanten	Ineke + Ineke
20.30 - 22.00	Recreanten	Ineke

Lyceum Floriande	Teams	Trainer
20.30 - 22.00	Heren 4 + 5 + 6	Cees

De Schulp	Teams	Trainer
18.00 - 19.30	JU12-1 + JU12-2	Stefan

### Dinsdag

Nova College	Zaal 1-2	Trainer
17.30 - 19.00	MU14-2 + MU12-1	Stefan + Hans

Nova College	Zaal 3	Trainer
19.00 - 20.30	MU18-2 + MU16-2	Stefan + Ruud

De Veste	Teams	Trainer
20.00 - 21.30	Dames 1 + Dames 2 + bank	Coen

## Woensdag

Spectrum	Veld 1	Trainer
16.30 - 17.30	JU12-1 + JU12-2	Stefan
17.30 - 19.00	MU14-1 + bank	Robin
19.00 - 20.30	JU16-1 + JU16-2	Paul

Spectrum	Veld 2	Trainer
17.30 - 19.00	JU18-2 + JU18-3	Cor
19.00 - 20.30	Rollers	Martin

Spectrum	Veld 3	Trainer
16.30 - 17.45	U12 + recreanten mix	Ineke + Ineke
17.45 - 19.00	JU16-3 + JU16-4 + recreanten	Ineke + Ineke
19.00 - 20.30	JU18-1 + JU20-1	Ron

Nova College	Zaal 1-2	Trainer
16.45 - 18.15	JU14-2 + JU14-3 + recreanten	Wilma
19.00 - 20.30	JU14-1 + bank	Jibbe + Dominico
20.30 - 22.00	Heren 1	Haico

## Donderdag

Nova College	Zaal 1-2	Trainer
17.00 - 18.30	MU12-1 + MU14-2	Stefan + Nicolette
18.30 - 20.30	MU16-1 + bank + MU18-1	Linda
20.30 - 22.00	Dames 1 + Dames 2	Coen

Nova College	Zaal 3	Trainer
18.30 - 20.00	MU16-2 + MU18-2	Stefan + Ruud

Nova College	Zaal 4	Trainer
19.00 - 20.30	JU18-2 + JU18-3	Tony
20.30 - 22.00	Heren 4-5-6	Vincent

De Breedenborgh	Veld 1 - 2	Trainer
20.30 - 22.00	Heren 2-+ 3	Alwin + Frank

## Vrijdag

Nova College	Zaal 1-2	Trainer
17.30 - 19.00	MU14-1 + overig	Robin