

Voorlopige trainingstijden seizoen 2023- 2024

| Maandag IJsselhal | | | | | |
|-------------------|-------------------|-----|---------|---------|---------------|
| Veld | 1 | 2 | 3 | 4 | |
| 16:30 - 18:00 | Competitie mini's | | | | 16:30 - 18:00 |
| 18:00 - 19:30 | JC1 | MB1 | MB2 | MC1 | 18:00 - 19:30 |
| 19:30 - 21:15 | DS1 | DS6 | DR1 + 2 | MX2 + 3 | 19:30 - 21:15 |
| 21:15 - 23:00 | HS1 | HS7 | HR1 + 2 | MX1/HR3 | 21:15 - 23:00 |

| Woensdag IJsselhal | | | | | |
|--------------------|-----------------|------------------|-------------------|-------|---------------|
| Veld | 1 | 2 | 3 | 4 | |
| 16:30 - 18:00 | Toernooi mini's | | Competitie mini's | | 16:30 - 18:00 |
| 18:00 - 19:30 | MC1 | JC1 | | | 18:00 - 19:30 |
| 19:30 - 21:15 | DS7 | Mx6+Ins +rewo | MX4+5 | DR3+4 | 19:30 - 21:15 |
| 21:15 - 23:00 | HS6 | DS5 | HS8 | HS9 | 21:15 - 23:00 |

| Donderdag IJsselhal | | | | | |
|---------------------|-----|-----|-----|-----|---------------|
| Veld | 1 | 2 | 3 | 4 | |
| 18:00 - 19:30 | MA1 | MC2 | JA1 | MB1 | 18:00 - 19:30 |
| 19:30 - 21:15 | DS3 | DS4 | DS2 | DS8 | 19:30 - 21:15 |
| 21:15 - 23:00 | HS2 | HS5 | HS4 | HS3 | 21:15 - 23:00 |




| Maandag Zenderpark | | |
|--------------------|----------------|---|
| Veld | 1 | 2 |
| 21:00 - 23:00 | Heren training | |

| Maandag Poortdijk | | |
|-------------------|-----|---------------|
| Veld | 1 | |
| 18:00 - 20:00 | JA1 | 18:00 - 20:00 |

| Dinsdag Zenderpark | | |
|--------------------|-----|-----|
| Veld | 1 | 2 |
| 18:00 - 19:30 | MA1 | MC2 |
| 19:30 - 21:15 | DS2 | DS3 |
| 21:15 - 23:00 | HS2 | HS5 |

| Woensdag Zenderpark | | |
|---------------------|-----|---|
| Veld | 1 | 2 |
| 19:30 - 21:30 | DS1 | |

| Donderdag Zenderpark | | |
|----------------------|------|---|
| Veld | 1 | 2 |
| 19:00 - 20:30 | MB 2 | |
| 20:30 - 22:30 | HS1 | |

| | | | | | |
|---|-------|---|------------|---|-----------|
|  | Jeugd |  | Competitie |  | Recreatie |
|---|-------|---|------------|---|-----------|