

Maandag	1/3 deel	1/3 deel	1/3 deel
16:45 17:00	S1/S2 Krachttraining		
17:00 17:15	S1/S2 Krachttraining		
17:15 17:30	S1/S2 Krachttraining		
17:30 17:45	S1/S2 Krachttraining		
17:45 18:00	S1/S2 Kracht + individuele training	S1/S2 Kracht + individuele training	
18:00 18:15	S1/S2 Kracht + individuele training	S1/S2 Kracht + individuele training	
18:15 18:30	S1/S2 Kracht + individuele training	S1/S2 Kracht + individuele training	
18:30 18:45	S1/S2 Kracht + individuele training	S1/S2 Kracht + individuele training	
18:45 19:00	S1/S2 Individuele training		
19:00 19:15	S1/S2 Individuele training		
19:15 19:30	S1/S2 Individuele training		
19:30 19:45	S1/S2 Individuele training		G Kevin/Sibyl
19:45 20:00	S3 ^ Eric		G Kevin/Sibyl
20:00 20:15	S3 ^ Eric		G Kevin/Sibyl
20:15 20:30	S3 ^ Eric		G Kevin/Sibyl
20:30 20:45	S3 ^ Eric		Altijd Kwiek #
20:45 21:00	S3 ^ Eric		Altijd Kwiek #
21:00 21:15	S3 ^ Eric		Altijd Kwiek #
21:15 21:30			Altijd Kwiek #
21:30 21:45			

Dinsdag	1/3 deel	1/3 deel	1/3 deel
17:00 17:15	D1/D2/D3 Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke
17:15 17:30	D1/D2/D3 Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke
17:30 17:45	D1/D2/D3 Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke
17:45 18:00	D1/D2/D3 Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke
18:00 18:15	A3 Sjoerd	C1/C2 Daniëlle/Tieme	C1/C2 Daniëlle/Tieme
18:15 18:30	A3 Sjoerd	C1/C2 Daniëlle/Tieme	C1/C2 Daniëlle/Tieme
18:30 18:45	A3 Sjoerd	C1/C2 Daniëlle/Tieme	C1/C2 Daniëlle/Tieme
18:45 19:00	A3 Sjoerd	C1/C2 Daniëlle/Tieme	C1/C2 Daniëlle/Tieme
19:00 19:15	B1/B2 Dick/Hessel/	B1/B2 Dick/Hessel/	B1/B2 Dick/Hessel/
19:15 19:30	B1/B2 Dick/Hessel/	B1/B2 Dick/Hessel/	B1/B2 Dick/Hessel/
19:30 19:45	B1/B2 Dick/Hessel/	B1/B2 Dick/Hessel/	B1/B2 Dick/Hessel/
19:45 20:00	B1/B2 Dick/Hessel/	B1/B2 Dick/Hessel/	B1/B2 Dick/Hessel/
20:00 20:15	B1/B2 Dick/Hessel/	B1/B2 Dick/Hessel/	B1/B2 Dick/Hessel/
20:15 20:30	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze
20:30 20:45	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze
20:45 21:00	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze
21:00 21:15	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze
21:15 21:30	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze
21:30 21:45	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze	A1/A2 Marjo/Jan Jouke/Feitze
21:45 22:00			

Woensdag	1/3 deel	1/3 deel	1/3 deel
17:00 17:15	Kangoeroe Marije	E Jelmer	F Jildou
17:15 17:30	Kangoeroe Marije	E Jelmer	F Jildou
17:30 17:45	Kangoeroe Marije	E Jelmer	F Jildou
17:45 18:00	Kangoeroe Marije	E Jelmer	F Jildou
18:00 18:15	Selectie		
18:15 18:30			
18:30 18:45			
18:45 19:00			
19:00 19:15			
19:15 19:30			
19:30 19:45			
19:45 20:00			

Donderdag	1/3 deel	1/3 deel	1/3 deel
17:30 17:45	F Lysanne	E Jelmer/Marrit/Lieke	C1 ^ Daniëlle/Femke
17:45 18:00	F Lysanne	E Jelmer/Marrit/Lieke	C1 ^ Daniëlle/Femke
18:00 18:15	F Lysanne	E Jelmer/Marrit/Lieke	C1 ^ Daniëlle/Femke
18:15 18:30	F Lysanne	E Jelmer/Marrit/Lieke	C1 ^ Daniëlle/Femke
18:30 18:45	D1/D2/D3 * Bart Jan/Fokke	D1/D2/D3 * Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke
18:45 19:00	D1/D2/D3 * Bart Jan/Fokke	D1/D2/D3 * Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke
19:00 19:15	D1/D2/D3 * Bart Jan/Fokke	D1/D2/D3 * Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke
19:15 19:30	D1/D2/D3 * Bart Jan/Fokke	D1/D2/D3 * Bart Jan/Fokke	D1/D2/D3 Bart Jan/Fokke
19:30 19:45	B1/A2 Dick/Hessel/Feitze	B1/A2 Dick/Hessel/Feitze	B1/A2 Dick/Hessel/Feitze
19:45 20:00	B1/A2 Dick/Hessel/Feitze	B1/A2 Dick/Hessel/Feitze	B1/A2 Dick/Hessel/Feitze
20:00 20:15	B1/A2 Dick/Hessel/Feitze	B1/A2 Dick/Hessel/Feitze	B1/A2 Dick/Hessel/Feitze
20:15 20:30	B1/A2 Dick/Hessel/Feitze	B1/A2 Dick/Hessel/Feitze	B1/A2 Dick/Hessel/Feitze
20:30 20:45	S3/A1 Eric/Marjo/Jan Jouke	S3/A1 Eric/Marjo/Jan Jouke	S3/A1 Eric/Marjo/Jan Jouke
20:45 21:00	S3/A1 Eric/Marjo/Jan Jouke	S3/A1 Eric/Marjo/Jan Jouke	S3/A1 Eric/Marjo/Jan Jouke
21:00 21:15	S3/A1 Eric/Marjo/Jan Jouke	S3/A1 Eric/Marjo/Jan Jouke	S3/A1 Eric/Marjo/Jan Jouke
21:15 21:30	S3/A1 Eric/Marjo/Jan Jouke	S3/A1 Eric/Marjo/Jan Jouke	S3/A1 Eric/Marjo/Jan Jouke
21:30 21:45	S3/A1 Eric/Marjo/Jan Jouke	S3/A1 Eric/Marjo/Jan Jouke	S3/A1 Eric/Marjo/Jan Jouke

Vrijdag	1/2 deel	1/2 deel	Skans
17:00 17:15	LDODK		
17:15 17:30			
17:30 17:45			
17:45 18:00			C2 Tieme
18:00 18:15			C2 Tieme
18:15 18:30	-		C2 Tieme
18:30 18:45			C2 Tieme
18:45 19:00			
19:00 19:15			
19:15 19:30			
19:30 19:45	DOS '46		
19:45 20:00			
20:00 20:15			
20:15 20:30			
20:30 20:45			
20:45 21:00			
21:00 21:15			