

Trainingschema VC Krimpen / Voleco

MAANDAG

	De Drie Maenen				De Boog					De Bakwetering			
	Veld 1	Veld 2	Veld 3		Veld 1	Veld 2	Veld 3	Veld 4		Veld 1	Veld 2	Veld 3	Veld 4
17:30 - 17:45				17:30 - 17:45					17:30 - 17:45				
17:45 - 18:00				17:45 - 18:00					17:45 - 18:00				
18:00 - 18:15				18:00 - 18:15					18:00 - 18:15				
18:15 - 18:30				18:15 - 18:30					18:15 - 18:30				
18:30 - 18:45	Jongens A1	Jongens A2	Jongens B1	18:30 - 18:45					18:30 - 18:45				
18:45 - 19:00				18:45 - 19:00					18:45 - 19:00				
19:00 - 19:15				19:00 - 19:15					19:00 - 19:15				
19:15 - 19:30				19:15 - 19:30					19:15 - 19:30				
19:30 - 19:45				19:30 - 19:45					19:30 - 19:45				
19:45 - 20:00				19:45 - 20:00					19:45 - 20:00				
20:00 - 20:15	Voleco DS 3	Voleco DS 2	Voleco DS 1*	20:00 - 20:15					20:00 - 20:15				
20:15 - 20:30				20:15 - 20:30					20:15 - 20:30				
20:30 - 20:45				20:30 - 20:45					20:30 - 20:45				
20:45 - 21:00				20:45 - 21:00					20:45 - 21:00				
21:00 - 21:15				21:00 - 21:15					21:00 - 21:15				
21:15 - 21:30	Voleco HS 2*	Voleco HS 1	Voleco HS 3	21:15 - 21:30	VC Krimpen HS 1				21:15 - 21:30				
21:30 - 21:45				21:30 - 21:45					21:30 - 21:45				
21:45 - 22:00				21:45 - 22:00					21:45 - 22:00				
22:00 - 22:15				22:00 - 22:15					22:00 - 22:15				
22:15 - 22:30				22:15 - 22:30					22:15 - 22:30				
22:30 - 22:45	*DS1 en HS2 wisselen om de week			22:30 - 22:45					22:30 - 22:45				

WOENSDAG

16:15 - 16:30	CMV 1 t/m CMV 4			16:15 - 16:30					16:15 - 16:30				
16:30 - 16:45				16:30 - 16:45					16:30 - 16:45				
16:45 - 17:00				16:45 - 17:00					16:45 - 17:00				
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18:00 - 18:15	Meisjes C1	Meisjes C2	Meisjes B1	18:00 - 18:15					18:00 - 18:15				
18:15 - 18:30				18:15 - 18:30					18:15 - 18:30				
18:30 - 18:45				18:30 - 18:45	Extra Jongens A1 / A2	Jongens C1	CMV 5 / CMV 6		18:30 - 18:45				
18:45 - 19:00				18:45 - 19:00					18:45 - 19:00				
19:00 - 19:15				19:00 - 19:15					19:00 - 19:15				
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20:00 - 20:15				20:00 - 20:15	VC Krimpen HS 1		VC Krimpen DS 1	Voleco DS 2	20:00 - 20:15	Voleco DS 1		Jongens B1	
20:15 - 20:30				20:15 - 20:30					20:15 - 20:30		Voleco Recr dames		Meisjes A2
20:30 - 20:45				20:30 - 20:45					20:30 - 20:45			Voleco DS 3	
20:45 - 21:00				20:45 - 21:00					20:45 - 21:00				
21:00 - 21:15				21:00 - 21:15					21:00 - 21:15				
21:15 - 21:30				21:15 - 21:30			VC Krimpen HS 2	Voleco HS 1	21:15 - 21:30	VC Krimpen DS 2	Voleco Recr heren		Voleco Recr heren
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VRIJDAG

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16:45 - 17:00	Speeltuín	CMV 1 t/m CMV 4		16:45 - 17:00					16:45 - 17:00				
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18:00 - 18:15	Jongens C1	CMV 5 / CMV 6		18:00 - 18:15					18:00 - 18:15				
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