# Trainingsschema

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|---|---|
| Fitness | na vragen bij trainer |

| MAANDAG | | De lichten 1 | | De lichten 2 | | De lichten 3 | | Heist 1 | | Heist 2 | | Pijpelheide | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer |
| 17:00 | 17:15 | | | | | | | | | | | | |
| 17:15 | 17:30 | | | | | C en D jongens | Raf Vekemans | | | | | | |
| 17:30 | 17:45 | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | C en D jongens | Raf Vekemans | | | | | | |
| 17:45 | 18:00 | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | C en D jongens | Raf Vekemans | | | | | | |
| 18:00 | 18:15 | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | C en D jongens | Raf Vekemans | | | | | | |
| 18:15 | 18:30 | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | C en D jongens | Raf Vekemans | | | | | | |
| 18:30 | 18:45 | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | C en D jongens | Raf Vekemans | | | | | | |
| 18:45 | 19:00 | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | C en D jongens | Raf Vekemans | | | | | | |
| 19:00 | 19:15 | D1 | Pieter Heymans | H1 | Bart Renders | Beloften | Wim De Boeck | | | | | | |
| 19:15 | 19:30 | D1 | Pieter Heymans | H1 | Bart Renders | Beloften | Wim De Boeck | | | | | | |
| 19:30 | 19:45 | D1 | Pieter Heymans | H1 | Bart Renders | Beloften | Wim De Boeck | | | | | | |
| 19:45 | 20:00 | D1 | Pieter Heymans | H1 | Bart Renders | Beloften | Wim De Boeck | | | | | | |
| 20:00 | 20:15 | D1 | Pieter Heymans | H1 | Bart Renders | Beloften | Wim De Boeck | | | | | | |
| 20:15 | 20:30 | D1 | Pieter Heymans | H1 | Bart Renders | Beloften | Wim De Boeck | | | | | | |
| 20:30 | 20:45 | D1 | Pieter Heymans | H1 | Bart Renders | Beloften | Wim De Boeck | | | | | | |
| 20:45 | 21:00 | D1 | Pieter Heymans | H1 | Bart Renders | Beloften | Wim De Boeck | | | | | | |
| 21:00 | 21:15 | | | | | | | | | | | | |
| 21:15 | 21:30 | | | | | | | | | | | | |
| 21:30 | 21:45 | | | | | | | | | | | | |
| 21:45 | 22:00 | | | | | | | | | | | | |
| 22:00 | 22:15 | | | | | | | | | | | | |
| 22:15 | 22:30 | | | | | | | | | | | | |
| 22:30 | 22:45 | | | | | | | | | | | | |
| 22:45 | 23:00 | | | | | | | | | | | | |

| DINSDAG | | De lichten 1 | | De lichten 2 | | De lichten 3 | | Heist 1 | | Heist 2 | | Pijpelheide | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer |
| 17:00 | 17:15 | | | | | | | | | | | | |
| 17:15 | 17:30 | CD-jeugd | Bob Douwen | | | | | | | | | | |
| 17:30 | 17:45 | CD-jeugd | Bob Douwen | | | | | | | | | | |
| 17:45 | 18:00 | CD-jeugd | Bob Douwen | | | | | E-jeugd | Jonas De Jaegher | B-meisjes 2 | Karolien | | |
| 18:00 | 18:15 | CD-jeugd | Bob Douwen | | | | | E-jeugd | Jonas De Jaegher | B-meisjes 2 | Karolien | | |
| 18:15 | 18:30 | CD-jeugd | Bob Douwen | | | | | E-jeugd | Jonas De Jaegher | B-meisjes 2 | Karolien | | |
| 18:30 | 18:45 | CD-jeugd | Bob Douwen | | | | | E-jeugd | Jonas De Jaegher | B-meisjes 2 | Karolien | | |
| 18:45 | 19:00 | CD-jeugd | Bob Douwen | | | | | E-jeugd | Jonas De Jaegher | B-meisjes 2 | Karolien | | |
| 19:00 | 19:15 | | | | | | | E-jeugd | Jonas De Jaegher | B-meisjes 2 | Karolien | | |
| 19:15 | 19:30 | | | | | | | E-jeugd | Jonas De Jaegher | B-meisjes 2 | Karolien | | |
| 19:30 | 19:45 | | | | | | | E-jeugd | Jonas De Jaegher | B-meisjes 2 | Karolien | | |
| 19:45 | 20:00 | | | | | | | H2 | Wesley Torfs | D2 | Danny De Smet | | |
| 20:00 | 20:15 | | | | | | | H2 | Wesley Torfs | D2 | Danny De Smet | | |
| 20:15 | 20:30 | | | | | | | H2 | Wesley Torfs | D2 | Danny De Smet | | |
| 20:30 | 20:45 | | | | | | | H2 | Wesley Torfs | D2 | Danny De Smet | | |
| 20:45 | 21:00 | | | | | | | H2 | Wesley Torfs | D2 | Danny De Smet | H6 | Bruno De Coster |
| 21:00 | 21:15 | | | | | | | H2 | Wesley Torfs | D2 | Danny De Smet | H6 | Bruno De Coster |
| 21:15 | 21:30 | | | | | | | H2 | Wesley Torfs | D2 | Danny De Smet | H6 | Bruno De Coster |
| 21:30 | 21:45 | | | | | | | H2 | Wesley Torfs | D2 | Danny De Smet | H6 | Bruno De Coster |
| 21:45 | 22:00 | | | | | | | H2 | Wesley Torfs | | | H6 | Bruno De Coster |
| 22:00 | 22:15 | | | | | | | | | | | H6 | Bruno De Coster |
| 22:15 | 22:30 | | | | | | | | | | | H6 | Bruno De Coster |
| 22:30 | 22:45 | | | | | | | | | | | | |
| 22:45 | 23:00 | | | | | | | | | | | | |

| WOENSDAG | | De lichten 1 | | De lichten 2 | | De lichten 3 | | Heist 1 | | Heist 2 | | Pijpelheide | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer |
| 13:15 | 13:30 | | | | | | | | | | | | |
| 13:30 | 13:45 | | | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | | | | | | |
| 13:45 | 14:00 | | | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | | | | | | |
| 14:00 | 14:15 | | | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | | | | | | |
| 14:15 | 14:30 | | | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | | | | | | |
| 14:30 | 14:45 | Selectie | Wim De Boeck | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | | | | | | |
| 14:45 | 15:00 | Selectie | Wim De Boeck | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | | | | | | |
| 15:00 | 15:15 | Selectie | Wim De Boeck | DEF-jeugd | Gwen & Lieselot | DEF-jeugd | Gwen & Lieselot | | | | | | |
| 15:15 | 15:30 | Selectie | Wim De Boeck | | | | | | | | | | |
| 15:30 | 15:45 | Selectie | Wim De Boeck | | | | | | | | | | |
| 15:45 | 16:00 | Selectie | Wim De Boeck | CD-jongens | Wim De Boeck | | | | | | | | |
| 16:00 | 16:15 | Selectie | Wim De Boeck | CD-jongens | Wim De Boeck | | | | | | | | |
| 16:15 | 16:30 | Selectie | Wim De Boeck | CD-jongens | Wim De Boeck | | | | | | | | |
| 16:30 | 16:45 | Selectie | Wim De Boeck | CD-jongens | Wim De Boeck | DE-jongens | Bob Douwen | | | | | | |
| 16:45 | 17:00 | Selectie | Wim De Boeck | CD-jongens | Wim De Boeck | DE-jongens | Bob Douwen | | | | | | |
| 17:00 | 17:15 | Selectie | Wim De Boeck | CD-jongens | Wim De Boeck | DE-jongens | Bob Douwen | | | CD-meisjes | Marijn Claes | | |
| 17:15 | 17:30 | Selectie | Wim De Boeck | CD-jongens | Wim De Boeck | DE-jongens | Bob Douwen | | | CD-meisjes | Marijn Claes | | |
| 17:30 | 17:45 | B-meisjes 1 | Raf Vekemans | BC-jongens | Wim De Boeck | DE-jongens | Bob Douwen | | | CD-meisjes | Marijn Claes | | |
| 17:45 | 18:00 | B-meisjes 1 | Raf Vekemans | BC-jongens | Wim De Boeck | DE-jongens | Bob Douwen | | | CD-meisjes | Marijn Claes | | |
| 18:00 | 18:15 | B-meisjes 1 | Raf Vekemans | BC-jongens | Wim De Boeck | DE-jongens | Bob Douwen | | | CD-meisjes | Marijn Claes | | |
| 18:15 | 18:30 | B-meisjes 1 | Raf Vekemans | BC-jongens | Wim De Boeck | DE-jongens | Bob Douwen | | | CD-meisjes | Marijn Claes | | |
| 18:30 | 18:45 | B-meisjes 1 | Raf Vekemans | BC-jongens | Wim De Boeck | H2 | Wesley Torfs | | | CD-meisjes | Marijn Claes | | |
| 18:45 | 19:00 | B-meisjes 1 | Raf Vekemans | BC-jongens | Wim De Boeck | H2 | Wesley Torfs | | | CD-meisjes | Marijn Claes | | |
| 19:00 | 19:15 | B-meisjes 1 | Raf Vekemans | BC-jongens | Wim De Boeck | H2 | Wesley Torfs | | | CD-meisjes | Marijn Claes | | |
| 19:15 | 19:30 | B-meisjes 1 | Raf Vekemans | BC-jongens | Wim De Boeck | H2 | Wesley Torfs | | | CD-meisjes | Marijn Claes | | |
| 19:30 | 19:45 | D1 | Pieter Heymans | D1 | Raf Vekemans | H2 | Wesley Torfs | | | H3 | Jeroen Vervloet | | |
| 19:45 | 20:00 | D1 | Pieter Heymans | D1 | Raf Vekemans | H2 | Wesley Torfs | | | H3 | Jeroen Vervloet | | |
| 20:00 | 20:15 | D1 | Pieter Heymans | D1 | Raf Vekemans | H2 | Wesley Torfs | | | H3 | Jeroen Vervloet | | |
| 20:15 | 20:30 | D1 | Pieter Heymans | D1 | Raf Vekemans | H2 | Wesley Torfs | | | H3 | Jeroen Vervloet | | |
| 20:30 | 20:45 | D1 | Pieter Heymans | D1 | Pieter Heymans | H1 | Bart Renders | | | H3 | Jeroen Vervloet | H5 | Wim Van Herck |
| 20:45 | 21:00 | D1 | Pieter Heymans | D1 | Pieter Heymans | H1 | Bart Renders | | | H3 | Jeroen Vervloet | H5 | Wim Van Herck |
| 21:00 | 21:15 | D1 | Pieter Heymans | D1 | Pieter Heymans | H1 | Bart Renders | | | H3 | Jeroen Vervloet | H5 | Wim Van Herck |
| 21:15 | 21:30 | D1 | Pieter Heymans | D1 | Pieter Heymans | H1 | Bart Renders | | | H3 | Jeroen Vervloet | H5 | Wim Van Herck |
| 21:30 | 21:45 | | | H1 | Bart Renders | H1 | Bart Renders | | | | | H5 | Wim Van Herck |
| 21:45 | 22:00 | | | H1 | Bart Renders | H1 | Bart Renders | | | | | H5 | Wim Van Herck |
| 22:00 | 22:15 | | | H1 | Bart Renders | H1 | Bart Renders | | | | | H5 | Wim Van Herck |
| 22:15 | 22:30 | | | H1 | Bart Renders | H1 | Bart Renders | | | | | H5 | Wim Van Herck |
| 22:30 | 22:45 | | | | | | | | | | | | |
| 22:45 | 23:00 | | | | | | | | | | | | |

| DONDERDAG | | De lichten 1 | | De lichten 2 | | De lichten 3 | | Heist 1 | | Heist 2 | | Pijpelheide | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer |
| 17:00 | 17:15 | | | | | | | | | | | | |
| 17:15 | 17:30 | | | | | | | | | | | | |
| 17:30 | 17:45 | | | | | CD-meisjes | Marijn Claes | | | | | | |
| 17:45 | 18:00 | | | | | CD-meisjes | Marijn Claes | | | | | | |
| 18:00 | 18:15 | | | | | CD-meisjes | Marijn Claes | | | | | | |
| 18:15 | 18:30 | | | | | CD-meisjes | Marijn Claes | | | | | | |
| 18:30 | 18:45 | D3 | Jonas De Jaegher | B-meisjes 2 | Shana | CD-meisjes | Marijn Claes | | | | | | |
| 18:45 | 19:00 | D3 | Jonas De Jaegher | B-meisjes 2 | Shana | CD-meisjes | Marijn Claes | | | | | | |
| 19:00 | 19:15 | D3 | Jonas De Jaegher | B-meisjes 2 | Shana | CD-meisjes | Marijn Claes | | | | | | |
| 19:15 | 19:30 | D3 | Jonas De Jaegher | B-meisjes 2 | Shana | CD-meisjes | Marijn Claes | | | | | | |
| 19:30 | 19:45 | D3 | Jonas De Jaegher | B-meisjes 2 | Shana | | | | | | | | |
| 19:45 | 20:00 | D3 | Jonas De Jaegher | B-meisjes 2 | Shana | | | | | | | | |
| 20:00 | 20:15 | D3 | Jonas De Jaegher | B-meisjes 2 | Shana | | | | | | | | |
| 20:15 | 20:30 | D3 | Jonas De Jaegher | B-meisjes 2 | Shana | | | | | | | | |
| 20:30 | 20:45 | | | | | | | | | | | D4 | Jan Van Herck |
| 20:45 | 21:00 | | | | | | | | | | | D4 | Jan Van Herck |
| 21:00 | 21:15 | | | | | | | | | | | D4 | Jan Van Herck |
| 21:15 | 21:30 | | | | | | | | | | | D4 | Jan Van Herck |
| 21:30 | 21:45 | | | | | | | | | | | D4 | Jan Van Herck |
| 21:45 | 22:00 | | | | | | | | | | | D4 | Jan Van Herck |
| 22:00 | 22:15 | | | | | | | | | | | D4 | Jan Van Herck |
| 22:15 | 22:30 | | | | | | | | | | | D4 | Jan Van Herck |
| 22:30 | 22:45 | | | | | | | | | | | | |
| 22:45 | 23:00 | | | | | | | | | | | | |

| VRIJDAG | | De lichten 1 | | De lichten 2 | | De lichten 3 | | Heist 1 | | Heist 2 | | Pijpelheide | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer |
| 17:00 | 17:15 | | | | | | | | | | | | |
| 17:15 | 17:30 | | | | | | | | | | | | |
| 17:30 | 17:45 | AB-jongens | Raf Vekemans | | | BC-jongens | Jonas De Jaegher | | | | | | |
| 17:45 | 18:00 | AB-jongens | Raf Vekemans | | | BC-jongens | Jonas De Jaegher | DE-jongens | Bob Douwen | DE-jongens | Bob Douwen | | |
| 18:00 | 18:15 | AB-jongens | Raf Vekemans | | | BC-jongens | Jonas De Jaegher | DE-jongens | Bob Douwen | DE-jongens | Bob Douwen | | |
| 18:15 | 18:30 | AB-jongens | Raf Vekemans | | | BC-jongens | Jonas De Jaegher | DE-jongens | Bob Douwen | DE-jongens | Bob Douwen | | |
| 18:30 | 18:45 | AB-jongens | Raf Vekemans | | | BC-jongens | Jonas De Jaegher | DE-jongens | Bob Douwen | DE-jongens | Bob Douwen | | |
| 18:45 | 19:00 | AB-jongens | Raf Vekemans | | | BC-jongens | Jonas De Jaegher | DE-jongens | Bob Douwen | DE-jongens | Bob Douwen | | |
| 19:00 | 19:15 | AB-jongens | Raf Vekemans | | | BC-jongens | Jonas De Jaegher | DE-jongens | Bob Douwen | DE-jongens | Bob Douwen | | |
| 19:15 | 19:30 | AB-jongens | Raf Vekemans | | | BC-jongens | Jonas De Jaegher | DE-jongens | Bob Douwen | DE-jongens | Bob Douwen | | |
| 19:30 | 19:45 | D2 | Danny De Smet | D1 | Raf Vekemans | D1 | Pieter Heymans | DE-jongens | Bob Douwen | DE-jongens | Bob Douwen | | |
| 19:45 | 20:00 | D2 | Danny De Smet | D1 | Raf Vekemans | D1 | Pieter Heymans | DE-jongens | Bob Douwen | DE-jongens | Bob Douwen | | |
| 20:00 | 20:15 | D2 | Danny De Smet | D1 | Raf Vekemans | D1 | Pieter Heymans | | | | | | |
| 20:15 | 20:30 | D2 | Danny De Smet | D1 | Raf Vekemans | D1 | Pieter Heymans | | | | | | |
| 20:30 | 20:45 | D2 | Danny De Smet | H1 + Beloften | Raf Vekemans | D1 | Pieter Heymans | | | | | | |
| 20:45 | 21:00 | D2 | Danny De Smet | H1 + Beloften | Raf Vekemans | D1 | Pieter Heymans | | | | | | |
| 21:00 | 21:15 | D2 | Danny De Smet | H1 + Beloften | Raf Vekemans | D1 | Pieter Heymans | | | | | | |
| 21:15 | 21:30 | D2 | Danny De Smet | H1 + Beloften | Raf Vekemans | D1 | Pieter Heymans | | | | | | |
| 21:30 | 21:45 | D2 | Danny De Smet | H1 + Beloften | Raf Vekemans | H1 + Beloften | Raf Vekemans | | | | | | |
| 21:45 | 22:00 | D2 | Danny De Smet | H1 + Beloften | Raf Vekemans | H1 + Beloften | Raf Vekemans | | | | | | |
| 22:00 | 22:15 | | | H1 + Beloften | Raf Vekemans | H1 + Beloften | Raf Vekemans | | | | | | |
| 22:15 | 22:30 | | | H1 + Beloften | Raf Vekemans | H1 + Beloften | Raf Vekemans | | | | | | |
| 22:30 | 22:45 | | | H1 + Beloften | Raf Vekemans | H1 + Beloften | Raf Vekemans | | | | | | |
| 22:45 | 23:00 | | | | | | | | | | | | |

| ZATERDAG | | De lichten 1 | | De lichten 2 | | De lichten 3 | | Heist 1 | | Heist 2 | | Pijpelheide | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer | Trainingsgroep | trainer |
| 9:00 | 9:15 | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | | | | | | |
| 9:15 | 9:30 | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | | | | | | |
| 9:30 | 9:45 | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | | | | | | |
| 9:45 | 10:00 | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | | | | | | |
| 10:00 | 10:15 | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | | | | | | |
| 10:15 | 10:30 | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | pruttelpot | Elke Van Doninck | | | | | | |
| 10:30 | 10:45 | | | | | | | | | | | | |
| 10:45 | 11:00 | | | | | | | | | | | | |
| 11:00 | 11:15 | | | | | | | | | | | | |
| 11:15 | 11:30 | | | | | | | | | | | | |
| 11:30 | 11:45 | | | | | | | | | | | | |
| 11:45 | 12:00 | | | | | | | | | | | | |
| 12:00 | 12:15 | | | | | | | | | | | | |
| 12:15 | 12:30 | | | | | | | | | | | | |
| 12:30 | 12:45 | | | | | | | | | | | | |
| 12:45 | 13:00 | | | | | | | | | | | | |
| 13:00 | 13:15 | | | | | | | | | | | | |
| 13:15 | 13:30 | | | | | | | | | | | | |
| 13:30 | 13:45 | | | | | | | | | | | | |
| 13:45 | 14:00 | | | | | | | | | | | | |
| 14:00 | 14:15 | | | | | | | | | | | | |
| 14:15 | 14:30 | | | | | | | | | | | | |
| 14:30 | 14:45 | | | | | | | | | | | | |
| 14:45 | 15:00 | | | | | | | | | | | | |