

Trainingstijden zaal

| | maandag | Dinsdag | Woensdag | Donderdag | vrijdag |
|--|---------------------|-------------------|---|-----------|-------------------------|
| S1/S2 | 20.00 – 22.00 OS | | 20.30 – 22.00 OS | | |
| S3 | | | 19.30 – 20.30 LC | | 20.00 – 21.00 LC |
| A1 | | | 19.00-20.30 OS | | 18.30 - 20.00 uur LC |
| B1 | | 18.30-20.00 OS | | | 18.00-19.00 OS |
| C1/C2 | 18.00-19.30 LC | | 18.00-19.00 OS | | |
| D1/D2 | 18.00 – 19.00 NS | | 17.00 – 18.00 OS niet van 14 dec t/m 15 feb 18.00-19.00 LC periode 14 dec t/m 15 feb | | |
| E1/E2/E3/E4 | 17.00 – 18.00 NS | | | | 17.00-18.00 NS |
| F1 | 17.00 – 18.00 NS | | | | |
| G-team | | | 19.00-20.00 LC | | |
| | | | | | |
| kangoeroes 10.00 – 10.45 in gymzaal de Heiderolle 1x in de 2 weken op zaterdag | | | | | |