

trainen mei-juni 2017

versie 3

	maandag				Elzendaal	Ratel		dinsdag			Elzendaal	Mikado		woensdag			
	veld 1	veld 2	veld 3	veld 4				veld 1		veld 3				veld 2	veld 1	veld 2	
14.00																	14.00
14.15																	14.15
14.30																	14.30
14.45																	14.45
15.00																	15.00
15.15																	15.15
15.30																	15.30
15.45																	15.45
16.00																	16.00
16.15																	16.15
16.30	steffie	Veerle	Tygo	Ellen													16.30
16.45																	16.45
17.00			Amy	peter													17.00
17.15																	17.15
17.30																	17.30
17.45																	17.45
18.00	MC	MC	MC	MC													18.00
18.15																	18.15
18.30																	18.30
18.45																	18.45
19.00																	19.00
19.15																	19.15
19.30																	19.30
19.45	recreanten Dames	Dames	recreanten Heren	Heren													19.45
20.00																	20.00
20.15																	20.15
20.30																	20.30
20.45																	20.45
21.00																	21.00
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22.30																	22.30
22.45																	22.45
23.00																	23.00
23.15																	23.15
23.30																	23.30

mini 3  
Bart

Cougars

Dames 4  
Peter/remco

Dames 2  
Peter

Dames 3  
Marko

cougars

Heren 1  
Marc

inloop H2

Remco

Heren 2

D5  
jan-Stef

D6  
Stef- jan

H3  
Ron

MC Trainers

Badminton

donderdag					vrijdag			elzendaal	mikado
veld 1	veld 2	veld 3	veld 4		veld 1	veld 2	veld 3		
14.00				14.00					14.00
14.15				14.15					14.15
14.30				14.30					14.30
14.45				14.45					14.45
15.00				15.00					15.00
15.15				15.15					15.15
15.30				15.30					15.30
15.45				15.45					15.45
16.00				16.00					16.00
16.15				16.15					16.15
16.30		trainers		16.30					16.30
16.45	adrie	tygo	anke (Ellen)	16.45					16.45
17.00			(peter)	17.00					17.00
17.15				17.15					17.15
17.30				17.30					17.30
17.45				17.45					17.45
18.00	MB	MB	MB	18.00					18.00
18.15				18.15					18.15
18.30				18.30					18.30
18.45				18.45				Jongens	18.45
19.00				19.00			Cougars		19.00
19.15	Dames 1	D3		19.15	mc1	mb1			19.15
19.30	Josha	Marko		19.30	NOJK team	NOJK team			19.30
19.45				19.45	Marko	Peter			19.45
20.00				20.00					20.00
20.15				20.15					20.15
20.30				20.30					20.30
20.45				20.45					20.45
21.00	inloop H1			21.00					21.00
21.15				21.15					21.15
21.30				21.30					21.30
21.45	Heren 1	Heren 1		21.45					21.45
22.00				22.00					22.00
22.15	Josha			22.15					22.15
22.30				22.30					22.30
22.45				22.45					22.45
23.00				23.00					23.00
23.15				23.15					23.15
23.30				23.30					23.30

zaterdag			
	veld 1	veld 2	veld 3
08:45			
09:00		mini 2	mini 5
09:15	mini 4	Silke	Adrie
09:30			
09:45	Ron		
10:00			
10:15			
10:30			
10:45			
11:00			mini 6
11:15			Adrie
11:30			
11:45			
12:00			