

Trainingschema DIOS volleybal

| Maandag | Hal 1 | Hal 1 | Hal 2 | Hal 2 | Hal 3 | Hal 3 |
|----------------|--------|--|--|---|--|---|
| | Veld 1 | Veld 2 | Veld 1 | Veld 2 | Veld 1 | Veld 2 |
| 18.00-20.00 | | | Dames 1 Frans Jordens Bart Boom <i>18.30-20.00</i> | Heren 2 Marvin Sombroek <i>18.30-20.00</i> | Meisjes C1 en C2 Stijn Bulsink <i>18.30 – 20.00</i> | Jongens C Teun Elburg <i>18.30 – 20.00</i> |
| 20.00-22.00 | | Dames 3/4 Anita Luimes <i>19.30-21.00</i> | Good Oldies <i>20.00-21.30</i> | Heren 3 <i>20.00-21.30</i> | Heren 1 Marvin Sombroek | |

| Dinsdag | Hal 1 | Hal 1 | Hal 2 | Hal 2 | Hal 3 | Hal 3 |
|----------------|--------|--------|---|---|---|--------|
| | Veld 1 | Veld 2 | Veld 1 | Veld 2 | Veld 1 | Veld 2 |
| 17.30-19.00 | | | MB1 Dames 2 Frans Jordens | MB1 Dames 2 Frans Jordens | CMV 5 en 6 Carin Stavast <i>17.00- 18.30</i> | |

| Woensdag | Hal 1 | Hal 1 | Hal 2 | Hal 2 | Hal 3 | Hal 3 |
|-----------------|--------------|--------------|--------------|--------------|---|--|
| | Veld 1 | Veld 2 | Veld 1 | Veld 2 | Veld 1 | Veld 2 |
| 15.00-16.30 | | | | | CMV Niveau 4 Frans Jordens | CMV Niveau 4 Frans Jordens |
| 16.30-18.00 | | | | | JC/MC 1 en 2 Frans Jordens Carin Stavast | JC/MC 1 en 2 Frans Jordens Carin Stavast |
| 18.00-19.00 | | | | | | CMV Niveau 1/2/3 Judith Nederlof Carin Stavast Jantine Hengeveld |
| 19.30-22.00 | | | | | Recreanten 19.30 -21.00 | Dames 1 20.00-22.00 Frans Jordens |

| Donderdag | Hal 1 | Hal 1 | Hal 2 | Hal 2 | Hal 3 | Hal 3 |
|------------------|--------|--------|---|---|--|---|
| | Veld 1 | Veld 2 | Veld 1 | Veld 2 | Veld 1 | Veld 2 |
| 17.30-20.00 | | | JC 1 Teun Elburg 18.30-20.00 | Heren 2 Jorn Sloetjes <i>18.30-20.00</i> | MB1/ds 2/ds 4 Frans Jordens Teun Elburg <i>17.30-19.30</i> | MB1/ds 2/ ds 4 Frans Jordens Teun Elburg <i>17.30-19.30</i> |
| 20.00-22.00 | | | | | Heren 1 Marvin Sombroek | Heren 1 Marvin Sombroek |

| Vrijdag | Hal 1 | Hal 1 | Hal 2 | Hal 2 | Hal 3 | Hal 3 |
|----------------|--------|--------|--------|--------|---------------------------------------|---------------------------------------|
| | Veld 1 | Veld 2 | Veld 1 | Veld 2 | Veld 1 | Veld 2 |
| 17.00-18.30 | | | | | CMV 4, 5 en 6 Frans Jordens | CMV 4, 5 en 6 Frans Jordens |