

## 2010-2011 TRAININGSUREN Seniors

MAANDAG				
	WATER	WATER	ZAND	ZAND
20.00 - 20.30	Dames 1	Dames 1	Ladies	Ladies
20.30 - 21.00	Dames 1	Dames 1	Ladies	Ladies
21.00 - 21.30	Dames 1	Dames 1	Ladies	Ladies
21.30 - 22.00	Dames 1	Dames 1	Ladies	Ladies

DINSDAG				
	WATER	WATER	ZAND	ZAND
20.00 - 20.30	Heren 1- 2	Heren 1- 2	Heren 1- 2	Heren 1- 2
20.30 - 21.00	Heren 1- 2	Heren 1- 2	Heren 1- 2	Heren 1- 2
21.00 - 21.30	Heren 1- 2	Heren 1- 2	Heren 1- 2	Heren 1- 2
21.30 - 22.00	Heren 1- 2	Heren 1- 2	Heren 1- 2	Heren 1- 2
22.00- 22.30	Heren 1- 2	Heren 1- 2	Heren 1- 2	Heren 1- 2

WOENSDAG				
	WATER	WATER	ZAND	ZAND
19.30 - 20.00			Dames 2 - 3	Dames 2 - 3
20.00 - 20.30	Dames 2 - 3	Dames 2 - 3	TRIMMERS & starters	Veteranen
20.30 - 21.00	Dames 2 - 3	Dames 2 - 3	TRIMMERS & starters	Veteranen
21.00 - 21.30	Dames 2 - 3	Heren 3	TRIMMERS & starters	
21.30 - 22.00	Veteranen	Heren 3	TRIMMERS & starters	
22.00- 22.30	Veteranen	Heren 3		

DONDERDAG				
	WATER	WATER	ZAND	ZAND
19.00-19.30	Dames 1	Dames 1		
19.30-20.00	Dames 1	Dames 1		
20.00 - 20.30	Dames 1	Dames 1	Heren 1 - 2	KEEPERS Senior
20.30 - 21.00	Heren 1- 2	Heren 1- 2	Heren 1- 2	KEEPERS Senior
21.00 - 21.30	Heren 1- 2	Heren 1- 2	Heren 1- 2	KEEPERS Senior
21.30 - 22.00	Heren 1- 2	Heren 1- 2	Heren 1- 2	KEEPERS Senior
22.00- 22.30	Heren 1- 2	Heren 1- 2	Heren 1- 2	Heren 1- 2