

| Maandag | veld 1 water | | veld 2 water | | veld 3 water | | veld 4 zand | | veld 5 semi | | miniveld |
|-------------|------------------|---------------|--------------|-----|--------------|-------------------|-----------------|-----|-------------|-----|------------------|
| 16.00-16.30 | | | | | | | | | | | |
| 16.30-17.00 | MD1 | | MD2 | | JD2 | JD1 | | | JD3 | JD4 | loop scholing |
| 17.00-17.30 | Els/Kate | | Anouk M | | | Walram/ Wessel | | | | | |
| 17.30-18.00 | MC1 | | keepers TC | | | | | | | | |
| 18.00-18.30 | Tom/ Marlotte | MB1 Pieter | | | MC2 | MB2 | JC2 | | | | |
| 18.30-19.00 | | | | | Anouk M | Olaf | Walram | JC4 | JC5 | MB3 | JC3 |
| 19.00-19.30 | | | | | JC1 | JB1 | | | | | |
| 19.30-20.00 | MA1 | JA1 | | | Victor | Hadrien/ Hidde | MA2 | MB5 | MB6 | JB2 | JB3 |
| 20.00-20.30 | Anouk/Olaf | Fred/Willem | | | | | | | | | |
| 20.30-21.00 | | | | | | | | | | | |
| 21.00-21.30 | JA2 | H2 | MA4 | MA3 | MA5 | MA6 | Bedrijfs hockey | | | | JA3 |
| 21.30-22.00 | | | | | | | | | | | |

| Dinsdag | veld 1 water | | veld 2 water | | veld 3 water | | veld 4 zand | | veld 5 semi | | miniveld |
|-------------|--------------|-------------|-------------------|------------|--------------------|---------|-------------|------|-------------|-----------|------------------|
| 16.00-16.30 | | | | | | | | | | | |
| 16.30-17.00 | JD1 | J6E1/M6E1 | MD3 | MD4 | MD6 | MD7 | | | | | loop scholing |
| 17.00-17.30 | Walram | | | | | | | | MD5 | | |
| 17.30-18.00 | | | | | | | | | | | |
| 18.00-18.30 | MC1 | MB1 | MC3 | MC4 | JC2 | MB2 | JB4 | MB4 | MC5 | MC6 | |
| 18.30-19.00 | Tom | Pieter/Rick | | | Ivor | Anouk M | | | | | |
| 19.00-19.30 | | | JC1 | MA1 | JB1 | | | | | | |
| 19.30-20.00 | | | Victor/ Casper | Anouk/Olaf | Hadrien/ Thomas | JA1 | D12 | DJ04 | DJ1 | D3 | |
| 20.00-20.30 | Dames 1 | | | | | | | | | | |
| 20.30-21.00 | Heren 1 | | D07 | D04 | D2 | H03 | D10 | D08 | D30D | D30B/D30E | |
| 21.00-21.30 | | | | | | | | | | | |
| 21.30-22.00 | | | | | | | | | | | |

| Woensdag | veld 1 water | | veld 2 water | | veld 3 water | | veld 4 zand | | veld 5 semi | | miniveld |
|-------------|--------------|-------|---------------------|-----|--|------|-------------|--------|-------------------------|-----------|------------------|
| 13.00-13.30 | | | | | J6E2/3 | | | | | | |
| 13.30-14.00 | Fun 1 | Fun 2 | 1e F (13.45-14.45) | | M6E2/3/4/5/6/ 13.15-14.30 (facultatief) | | | | | | |
| 14.00-14.30 | | | | | | | | | | | |
| 14.30-15.00 | | | | | | | | | | | |
| 15.00-15.30 | M8E1 | M8E2 | 2e F (14.45-15.45) | | J8E1 | J8E2 | | | M8E3/4/5 facultatief | | loop training |
| 15.30-16.00 | | | | | | | | | | | |
| 16.00-16.30 | MD1 | MD2 | JD3 | JD4 | DJ13 | JD2 | | | | | |
| 16.30-17.00 | Kate/Els | Roos | | | Walram | | | | | | |
| 17.00-17.30 | | | | | | | | | | | |
| 17.30-18.00 | | | | | | | | | | | |
| 18.00-18.30 | Dames 1 | | MB3 | JB2 | MC2 | HJ7 | JB3 | JC5 | JC4 | JC3 | |
| 18.30-19.00 | | | | | Anouk de V | | | | | | |
| 19.00-19.30 | | | | | | | | | | | |
| 19.30-20.00 | HJ1 | H4/H8 | D9 | DJ2 | D11 | DJ3 | DJ12 | DJ7 | DJ6 | DJ5 | |
| 20.00-20.30 | | | | | | | | | | | |
| 20.30-21.00 | Dames 1 | | DJ9 | D6 | H2 | D30A | HJ4 | H7/HJ9 | TRIM | D30F/H45B | |
| 21.00-21.30 | | | | | | | | | | | |
| 21.30-22.00 | | | | | | | | | | | |

| Donderdag | veld 1 water | | veld 2 water | | veld 3 water | | veld 4 zand | | veld 5 semi | | miniveld |
|-------------|-------------------|--------------------|--------------|---------|--------------|-------------|-------------|------|-------------|---------|------------------|
| 16.00-16.30 | | | | | | | | | | | |
| 16.30-17.00 | MD1 | JD1 | MD3 | MD4 | MD2 | JD2 | | MD7 | MD5 | MD6 | loop training |
| 17.00-17.30 | Kate/Els | Walram | | | Anouk M | Rolf /Job | | | | | |
| 17.30-18.00 | JC1 | JB1 | JC2 | HJ8 | MB1 | MB2 | MC5 | MC6 | MC3 | MC4 | |
| 18.00-18.30 | Victor/ Casper | Hadrien/ Thomas | Ivor | | | Pieter/Rick | Anouk M | | | | |
| 18.30-19.00 | | | | | | | | | | | |
| 19.00-19.30 | | | | | | | | | | | |
| 19.30-20.00 | JA1 | MA1 | DJ10 | HJ2/HJ3 | MA2 | MA3 | JB4 | | | | |
| 20.00-20.30 | Fred/Willem | Anouk/Olaf | | | | | MB4/5/6 | | JA2/JA3 | MA4/5/6 | |
| 20.30-21.00 | | | | | | | | | | | |
| 21.00-21.30 | Heren 1 | | D30C | D5 | D2 | H6 | H5/HJ6 | H45A | H35A | H35B | |
| 21.30-22.00 | | | | | | | | | | | |
| 22.00-22.30 | | | | | | | | | | | |

| Vrijdag | veld 1 water | | veld 2 water | | veld 3 water | | veld 4 zand | | veld 5 semi | | miniveld |
|-------------|--------------|-----|--------------|--|--------------|---------|-------------|-------------|-------------|------------------|----------|
| 16.00-16.30 | | | | | | | | | | | |
| 16.30-17.00 | J8E2 | | keepers | | J8E1 | M8E1 | M8E2 | 16.15-17.30 | Victoria | M6E4/5 | M6E1/2 |
| 17.00-17.30 | M8E3/4/5 | | | | | | | | J6E2/3 | hockey school | J6E1 |
| 17.30-18.00 | | | | | | | | | | | |
| 18.00-18.30 | MC2 | MC1 | | | | | | | | | |
| 18.30-19.00 | Anouk de V | Tom | | | D3 | HJ5 | HJ6/H5 | DJ8 | DJ11 | H8/H4 | H7/HJ9 |
| 19.00-19.30 | | | | | | | | | | | |
| 19.30-20.00 | Dames 1 | | | | | | | | | | |
| 20.00-20.30 | | | | | HJ2/HJ3 | Heren 1 | | | | | |
| 20.30-21.00 | | | | | | | | | | | |
| 21.00-21.30 | | | | | | | | | | | |
| 21.30-22.00 | | | | | | | | | | | |
| 22.00-22.30 | | | | | | | | | | | |