

## Trainingschema Roomburg Hockeydome: ma 9 december 2024 t/m vrij 14 februari 2025

(behalve kerstvakantie 23 dec t/m 3 jan: trainen op aanvraag via zaalhockey@roomburg.nl)

Dag	Tijd	Veld 1	Veld 2	Veld 3	Veld 4
Maandag	16.30-17.30	MO12-2	16.30-17.30 MO12-1	16.30-17.30 MO12-7	16.30-17.30 Forescate
	17.30-18.30	JO12-3	17.30-18.30 MO12-6	17.30-18.30 MO14-2	17.30-18.30 Forescate
	18.30-19.30	MO18-2	18.30-19.30 MO18-1	18.30-19.30 MO16-1	18.30-19.30 Forescate
	19.30-20.30	MO16-3	19.30-20.30 MO16-4	19.30-20.30 JO18-3	19.30-20.30 Forescate
	20.30-21.30	MO18-3	20.30-21.30 MO18-5	20.30-21.30 JO18-1	20.30-21.30 Forescate
	21.30-22.30	vrij	21.30-22.30 D025-1	21.30-22.30 Forescate	21.30-22.30 Forescate
Dinsdag	16.30-17.30	JO12-2	16.30-17.30 JO12-1	16.30-17.30 MO12-4	16.30-17.30 Forescate
	17.30-18.30	MO12-3	17.30-18.30 MO12-5	17.30-18.30 MO14-1	17.30-18.30 Forescate
	18.30-19.30	JO16-2	18.30-19.30 JO16-1	18.30-19.30 JO14-1	18.30-19.30 Forescate
	19.30-20.30	D1	19.30-20.30 JO14-2	19.30-20.30 MO16-2	19.30-20.30 Forescate
	20.30-21.30	D1	20.30-21.30 D7	20.30-21.30 D10	20.30-21.30 Forescate
	21.30-22.30	vrij	21.30-22.30 Forescate	21.30-22.30 Forescate	21.30-22.30 Forescate
Woensdag	15.30-16.30	JO8-B/G	15.30-16.30 MO8-W/R	15.30-16.30 MO8-G/O	15.30-16.30 vrij
	16.30-17.30	JO10-B	16.30-17.30 JO10-G	16.30-17.30 JO10-O	16.30-17.30 Forescate
	17.30-18.30	JO14-3	17.30-18.30 JO14-4	17.30-18.30 MO16-6	17.30-18.30 Forescate
	18.30-19.30	MO14-3	18.30-19.30 MO14-4	18.30-19.30 MO16-5	18.30-19.30 Forescate
	19.30-20.30	MO14-5	19.30-20.30 MO18-4	19.30-20.30 JO16-3	19.30-20.30 Forescate
	20.30-21.30	D5	20.30-21.30 D9	20.30-21.30 D13	20.30-21.30 Forescate
21.30-22.30	vrij	21.30-22.30 vrij	21.30-22.30 vrij	21.30-22.30 Forescate	
Donderdag	16.30-17.30	MO14-2	16.30-17.30 MO14-1	16.30-17.30 JO12-1	16.30-17.30 JO12-2
	17.30-18.30	JO14-1	17.30-18.30 JO14-2	17.30-18.30 MO12-1	17.30-18.30 Forescate
	18.30-19.30	JO18-1	19.30-20.30 JO18-2	18.30-19.30 JO16-2	18.30-19.30 Forescate
	19.30-20.30	MO16-1	18.30-19.30 MO16-2	19.30-20.30 JO16-1	19.30-20.30 Forescate
	20.30-21.30	D1	20.30-21.30 D11/12Aug	20.30-21.30 MO18-1	20.30-21.30 Forescate
	21.30-22.30	D1	21.30-22.30 D025-2	21.30-22.30 D025-4Aug	21.30-22.30 Forescate
Vrijdag	16.30-17.30	JO9-B/O	16.30-17.30 MO9-W/B	16.30-17.30 MO9-G/O	16.30-17.30 MO8-B/MO9-R
	17.30-18.30	MO10-B	17.30-18.30 MO10-O	17.30-18.30 MO10-R	17.30-18.30 MO10-W
	18.30-19.30	O12 circuit	18.30-19.30 O12 circuit	18.30-19.30 O12 circuit	18.30-19.30 O12 circuit
	19.30-20.30	vrij	19.30-20.30 MO12-2	19.30-20.30 JO16-4	19.30-20.30 Forescate
	20.30-21.30	vrij	20.30-21.30 vrij	20.30-21.30 vrij	20.30-21.30 Forescate
	21.30-22.30	vrij	21.30-22.30 vrij	21.30-22.30 vrij	21.30-22.30 vrij

### In de weken met Goalieworks (3 van de 9 weken) verschuiving op **Woensdag 11 dec, 8 jan, 22 jan**

Dag	Tijd	Veld 1	Veld 2	Veld 3	Veld 4
Woensdag	15.30-16.30	JO8-B/G	15.30-16.30 MO8-W/R	15.30-16.30 MO8-G/O	15.30-16.30 vrij
	16.30-17.30	JO10-B	16.30-17.30 JO10-G	16.30-17.30 JO10-O	16.30-17.30 Forescate
	17.30-18.30	JO14-3	17.30-18.30 JO14-4	<b>17.30-18.30 Goalieworks</b>	17.30-18.30 Forescate
	18.30-19.30	MO14-3	18.30-19.30 MO14-4	<b>18.30-19.30 Goalieworks</b>	18.30-19.30 Forescate
	19.30-20.30	MO14-5	19.30-20.30 MO18-4	<b>19.30-20.30 Goalieworks</b>	19.30-20.30 Forescate
	<b>20.30-21.30 MO16-5</b>	<b>20.30-21.30 MO16-6</b>	<b>20.30-21.30 JO16-3</b>	<b>20.30-21.30 JO16-3</b>	20.30-21.30 Forescate
<b>21.30-22.30 D5</b>	<b>21.30-22.30 D9</b>	<b>21.30-22.30 D13</b>	<b>21.30-22.30 D13</b>	21.30-22.30 Forescate	