

Trainingsschema (voorjaar 2019)

| Maandag | | | Veld | trainer + assistent trainer |
|------------------|-------|-------|-------------|---|
| M8E1 | 18.00 | 19.00 | 1 | Anne Pol / Rosan van Schaik |
| M8D1 | 18.00 | 19.00 | 1 | Lara de Lang / Norah Pol |
| MC2 | 18.30 | 19.30 | 2 | Saskia Slump / Qian Heemstra |
| MC1 | 18.00 | 19.00 | 2 | Martijn Hoekstra / Iris Hoekstra |
| MB2 | 19.00 | 20.00 | 2 | Martijn Hoekstra / Iris Hoekstra |
| JC1 | 19.00 | 20.00 | 1 | Bastiaan Slump / Tijs van Schaik |
| MB1 | 20.00 | 21.00 | 1 | Bastiaan Slump / Tijs van Schaik / Marloes van Schaik |
| D1 | 19.30 | 21.00 | 1 | Will de Bondt |
| | | | | |
| Dinsdag | | | | |
| MixE6 | 18.00 | 19.00 | 1 | Bram Wassenaar / Sven Puper |
| MD1 | 18.00 | 19.00 | 1 | Joost Poppema / Lukas Top |
| JD1 | 19.00 | 20.00 | 2 | Bente Monkel / Ivo Robijn |
| JB1 | 19.00 | 20.00 | 1 | Hugo ten Kate / Tijs van Schaik |
| H1 | 20.00 | 21.30 | 1 | Hans Bravenboer |
| | | | | |
| Woensdag | | | | |
| Funkey | | | | ? |
| Mix F1 | 16.30 | 17.30 | 2 | Marloes van Schaik / Alix Carriere Jonna Tijdeman - Anna Lesterhuis - Myrte Vos Hannah Bruins Slot - Isa den Hartog |
| M8E1 | 17.30 | 18.30 | 2 | Anne Pol / Rosan van Schaik |
| M8D1 | 17.30 | 18.30 | 2 | Lara de Lang / Norah Pol |
| MC1 | 17.30 | 18.30 | 1 | Martijn Hoekstra / Iris Hoekstra |
| MB2 | 18.30 | 19.30 | 1 | Martijn Hoekstra / Iris Hoekstra |
| MC2 | 18.30 | 19.30 | 2 | Saskia Slump / Qian Heemstra |
| MB1 | 18.30 | 19.30 | 1 | Bastiaan Slump / Tijs van Schaik |
| JC1 | 19.30 | 20.30 | 1 | Bastiaan Slump / Tijs van Schaik |
| D1 | 19.30 | 21.00 | 1 | Will de Bondt |
| Trim 2 | 20.30 | 21.30 | 1 | Hans Bravenboer |
| Trim 1 | 20.30 | 21.30 | 2 | zelf |
| | | | | |
| Donderdag | | | | |
| Fithockey | 09.30 | 10.30 | | Peter van Schaik |
| MixE6 | 18.30 | 19.30 | 1 | Bram Wassenaar / Sven Puper |
| MD1 | 18.30 | 19.30 | 1 | Joost Poppema / Lukas Top |
| JD1 | 18.30 | 19.30 | 2 | Bente Monkel / Ivo Robijn |
| JB1 | 19.30 | 20.45 | 1 | Peter van Schaik |
| | | | | |
| Vrijdag | | | | |
| Keepers JJ | 18.00 | 19.00 | 1 | Shay Schoones |
| Keepers | 19.00 | 20.00 | 1 | Hans Schoones |
| H1 | 20.00 | 21.30 | 1 | Hans Bravenboer |
| HA | 20.00 | 21.30 | 1 | Jan Berend Stoker |
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