

Seizoen 2017-2018 Trainingen vanaf 18 september 2017 CBV Binnenland

| Tijden | Driesprong | | | Lagewei | Tijden | Driesprong | | | Tijden | Driesprong | | | Tijden |
|-------------|---------------|---------------|-----------------------|---------|-------------|------------------|---------------|---------------|-------------|----------------|----------------|---------------|-------------|
| | Maandag | | | | | Dinsdag | | | | Woensdag | | | |
| | Veld 1 | Veld 2 | Veld 3 | | | Veld 1 | Veld 2 | Veld 3 | | Veld 1 | Veld 2 | Veld 3 | |
| 16:45-17:00 | | | | | 16:45-17:00 | | | | 16:45-17:00 | | | | 16:45-17:00 |
| 17:00-17:15 | | | | | 17:00-17:15 | | | | 17:00-17:15 | | | | 17:00-17:15 |
| 17:15-17:30 | Jongens X12 1 | Meisjes V14 | Meisjes V10/12 | | 17:15-17:30 | | | | 17:15-17:30 | | | Jongens M14 3 | 17:15-17:30 |
| 17:30-17:45 | Yannick | Lisa/Myr | Imke/Max | | 17:30-17:45 | Jongens M16 2 | Jongens X12 2 | | 17:30-17:45 | Meisjes V10/20 | Meisjes V10/20 | Robin | 17:30-17:45 |
| 17:45-18:00 | Tim | Desire | Desireé | | 17:45-18:00 | Amrith | Ramsley | | 17:45-18:00 | Willemijn Zera | Willemijn Zera | Kane | 17:45-18:00 |
| 18:00-18:15 | Timo | | | | 18:00-18:15 | | | | 18:00-18:15 | | | | 18:00-18:15 |
| 18:15-18:30 | | | | | 18:15-18:30 | | | | 18:15-18:30 | | | | 18:15-18:30 |
| 18:30-18:45 | | | | | 18:30-18:45 | | | | 18:30-18:45 | | | Jongens X10 1 | 18:30-18:45 |
| 18:45-19:00 | Jongens M18 3 | Jongens X10 1 | Meisjes V16/18/20 Bel | | 18:45-19:00 | | | | 18:45-19:00 | Jongens M14 2 | Jongens M16 3 | Igor | 18:45-19:00 |
| 19:00-19:15 | Jérôme | Igor | | | 19:00-19:15 | | | | 19:00-19:15 | Erwin | Jaco | | 19:00-19:15 |
| 19:15-19:30 | Joost | | | | 19:15-19:30 | Jongens M14 1 | | | 19:15-19:30 | Jurgen | Robert | | 19:15-19:30 |
| 19:30-19:45 | | | | | 19:30-19:45 | Johan | | | 19:30-19:45 | | | | 19:30-19:45 |
| 19:45-20:00 | | | | | 19:45-20:00 | | | Jongens M20 1 | 19:45-20:00 | | | Dames VSE 1 | 19:45-20:00 |
| 20:00-20:15 | Jongens M16 1 | Jongens M18 1 | Dames VSE 1 Rychard | | 20:00-20:15 | | | Alex | 20:00-20:15 | Jongens M16 1 | Jongens M18 2 | Rychard | 20:00-20:15 |
| 20:15-20:30 | Ron | Eric-Jan | | | 20:15-20:30 | | | | 20:15-20:30 | | | | 20:15-20:30 |
| 20:30-20:45 | | | | | 20:30-20:45 | Dames VSE 3 recr | Michel | | 20:30-20:45 | Ron | Jérôme | | 20:30-20:45 |
| 20:45-21:00 | | | | | 20:45-21:00 | Rosalien | | | 20:45-21:00 | | Joost | | 20:45-21:00 |
| 21:00-21:15 | | | | | 21:00-21:15 | | | | 21:00-21:15 | | | | 21:00-21:15 |
| 21:15-21:30 | Heren MSE 1 | Heren MSE 2 | Heren MSE 3 | | 21:15-21:30 | | | | 21:15-21:30 | Heren MSE 4 | Heren MSE4 | | 21:15-21:30 |
| 21:30-21:45 | Martijn | Omar | Jeroen | | 21:30-21:45 | | | | 21:30-21:45 | recr | recr | Heren MSE 5 | 21:30-21:45 |
| 21:45-22:00 | Mark | Tefvik | | | 21:45-22:00 | | | | 21:45-22:00 | | | Martijn | 21:45-22:00 |
| 22:00-22:15 | | | | | 22:00-22:15 | | | | 22:00-22:15 | | | Thijs | 22:00-22:15 |
| 22:15-22:30 | | | | | 22:15-22:30 | | | | 22:15-22:30 | | | | 22:15-22:30 |
| 22:30-22:45 | | | | | 22:30-22:45 | | | | 22:30-22:45 | | | | 22:30-22:45 |

| Tijden | Driesprong | | | Zeeheld | Tijden | Driesprong | | | Tijden | Driesprong | | | Tijden |
|-------------|---------------|---------------|-------------------------|---------|-------------|------------|--------|-------------------------------|-------------|------------|--------|--------|-------------|
| | Donderdag | | | | | Vrijdag | | | | Zaterdag | | | |
| | Veld 1 | Veld 2 | Veld 3 | | | Veld 1 | Veld 2 | Veld 3 | | Veld 1 | Veld 2 | Veld 3 | |
| 16:45-17:00 | | | | | 16:45-17:00 | | | | 09:00-09:15 | | | | 09:00-09:15 |
| 17:00-17:15 | | | | | 17:00-17:15 | | | | 09:00-09:30 | | | | 09:00-09:30 |
| 17:15-17:30 | Jongens X12 1 | Meisjes V14 | Meisjes V10/12 | | 17:15-17:30 | | | | 09:30-09:45 | | | | 09:30-09:45 |
| 17:30-17:45 | Yannick | Lisa/Myr | Imke/Max | | 17:30-17:45 | | | | 09:45-10:00 | | | | 09:45-10:00 |
| 17:45-18:00 | Tim | Desire | Desireé | | 17:45-18:00 | | | | 10:00-10:15 | | | | 10:00-10:15 |
| 18:00-18:15 | Timo | | | | 18:00-18:15 | | | | 10:15-10:30 | | | | 10:15-10:30 |
| 18:15-18:30 | | | | | 18:15-18:30 | | | | | | | | |
| 18:30-18:45 | | | | | 18:30-18:45 | | | | | | | | |
| 18:45-19:00 | Jongens M18 1 | Dames V20 1 | Meisjes V16/18 Zera Bel | | 18:45-19:00 | | | | 18:45-19:00 | | | | |
| 19:00-19:15 | Eric-Jan | Michel | | | 19:00-19:15 | | | | 19:00-19:15 | | | | |
| 19:15-19:30 | | | | | 19:15-19:30 | | | Jongens M14 1 | 19:15-19:30 | | | | |
| 19:30-19:45 | | | | | 19:30-19:45 | | | Johan | 19:30-19:45 | | | | |
| 19:45-20:00 | | | | | 19:45-20:00 | | | | 19:45-20:00 | | | | |
| 20:00-20:15 | Dames VSE 2 | Jongens M20 1 | Dames VSE 1 Rychard | | 20:00-20:15 | | | | 20:00-20:15 | | | | |
| 20:15-20:30 | DC | Alex | | | 20:15-20:30 | | | Dummy Ouders training 1 x pmd | 20:15-20:30 | | | | |
| 20:30-20:45 | | | | | 20:30-20:45 | | | | 20:30-20:45 | | | | |
| 20:45-21:00 | | | | | 20:45-21:00 | | | | 20:45-21:00 | | | | |
| 21:00-21:15 | | | | | 21:00-21:15 | | | | 21:00-21:15 | | | | |
| 21:15-21:30 | Heren MSE 1 | Heren MSE 2 | Heren MSE 3 | | 21:15-21:30 | | | | 21:15-21:30 | | | | |
| 21:30-21:45 | Martijn | Omar | Jeroen | | 21:30-21:45 | | | | 21:30-21:45 | | | | |
| 21:45-22:00 | Mark | Tefvik | | | 21:45-22:00 | | | | 21:45-22:00 | | | | |
| 22:00-22:15 | | | | | 22:00-22:15 | | | | 22:00-22:15 | | | | |
| 22:15-22:30 | | | | | 22:15-22:30 | | | | 22:15-22:30 | | | | |
| 22:30-22:45 | | | | | 22:30-22:45 | | | | 22:30-22:45 | | | | |