

| Dag | Training | Tijd | Week 37 | Week 38 | Week 39 | Week 40 | Week 41 | Week 42 | Week 43 | Week 44 | Week 45 |
|----------|--|-------------------------|--------------------------|---------|--------------------------|-------------------------|--------------------------|---------|------------------|--------------------------|--------------------------|
| Maandag | | | 11/sep | 18/sep | 25/sep | 2/okt | 9/okt | 16/okt | 23/okt | 30/okt | 6/nov |
| | 18:30-19:30 Jeugd D, Meiden C | | | | | | | | | | |
| | 19:30-20:30 Jeugd A, B, Jongens C | 20.45-22.15 | | | | | | | | | |
| | 20:30-22:00 H1, H2 | 22.15-23.45 | H1 | H2 | H1 | H2 | H1 | H2 | H1 | H2 | H1 |
| | 22.00-23:30 Wave | 23.15 - Afsluiting wave | | Wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave |
| Dinsdag | | | 12/sep | 19/sep | 26/sep | 3/okt | 10/okt | 17/okt | 24/okt | 31/okt | 7/nov |
| | 19:15-20:15 Meiden C, Jongens C, Keepers | | | | | | | | | | |
| | 20:15-21:15 D1, D2, D3 | 21.30-22.30 | D1 | D2 | D3 | D1 | D2 | D3 | D1 | D2 | D3 |
| | 21:15-22:15 H3, H4, H5 | 22.30-23.30 | H3 | H4 | H5 | H3 | H4 | H5 | H3 | H4 | H5 |
| | 22:15-23:15 Wave | 23.30 - Afsluiting wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave |
| Vrijdag | | | 15/sep | 22/sep | 29/sep | 6/okt | 13/okt | 20/okt | 27/okt | 3/nov | 10/nov |
| | 18:30-19:30 Jeugd D, , B | | | | | | | | | | |
| | 19:30-20:30 Jongens A, H4, H5 | 20:45-21:45 | H4 | H5 | H4 | H5 | H4 | H5 | H4 | H5 | H4 |
| | 20:30-21:30 D1, D2, D3 | 21.45-22.45 | D3 | D1 | D2 | D3 | D1 | D2 | D3 | D1 | D2 |
| | 21:30-22:30 H1, H2, H3 | 22.45-23.45 | H2 | H1 | H3 | H2 | H1 | H3 | H2 | H1 | H3 |
| | 22:30-23:30 Wave | 23.45 - Afsluiting wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave |
| Zaterdag | | | 16/sep | 23/sep | 30/sep | 7/okt | 14/okt | 21/okt | 28/okt | 4/nov | 11/nov |
| | | | 14:45 - 15:40 Ouders EG1 | | 16:00 Openen H5 | 16:30 - 17:30 Ouders CJ | 14:15 - 15:15 Ouders DG2 | | 14:55 Openen D2 | 15:45 - 16:40 Ouders EG2 | 15:00 - 16:00 Ouders DG1 |
| | | | 15:40 - 17:05 Ouders EG2 | | 17:15 - 18:00 H5 | 17:30 - 19:00 Ouders BJ | 15:15 - 16:45 Ouders DG1 | | 16:10 - 16:55 D2 | 16:40 - 18:10 Ouders CM | 16:00 - 17:30 Ouders DG2 |
| | | | 17:05 - 17:50 H5 | | 18:00 - 18:45 D3 | 19:00 - 20:00 H3 | 16:45 - 18:15 Ouders CJ | | 16:55 - 17:55 H3 | 18:10 - 18:55 H5 | 17:30 - 18:15 Ouders BM |
| | | | 17:50 - 19:20 Ouders BM | | 18:45 - 19:35 D2 | 20:00 - 21:15 AJ | 18:15 - 20:00 Ouders BJ | | 17:55 - 18:50 D1 | 18:55 - 19:40 D3 | 18:15 - 20:00 Ouders BJ |
| | | | 19:20 - 20:10 D2 | | 19:35 - 20:20 D1 | 21:15 - 22:10 H2 | 20:00 - 20:55 AJ | | 18:50 - SLUIT H1 | 19:40 - 20:30 D2 | 20:00 - 21:00 AJ |
| | | | 20:10 - 21:05 D1 | | 20:20 - SLUIT WAVE | 22:10 - SLUIT H1 | 20:55 - 21:50 H2 | | | 20:30 - 21:25 D1 | 21:00 - 21:55 H2 |
| | | | 21:05 - SLUIT WAVE | | | | 21:50 - SLUIT H1 | | | 21:25 - SLUIT WAVE | 21:55 - SLUIT H1 |
| | | | | | 8/okt | | | | | | |
| | | | | | 15:00 - 16:00 Ouders DG1 | | | | | | |
| | | | | | 16:00 - 16:55 Ouders DG2 | | | | | | |

| Dag | Training | Tijd | Week 46 | Week 47 | Week 48 | Week 49 | Week 50 | Week 51 | Week 52 | Week 1 | Week 2 |
|----------|--|-------------------------|---------|--------------------------|-------------------------|--------------------------|--------------------------|---------|---------|--------------------|--------------------------|
| Maandag | | | 13/nov | 20/nov | 27/nov | 4/dec | 11/dec | 18/dec | 25/dec | 1/jan | 8/jan |
| | 18:30-19:30 Jeugd D, Meiden C | | | | | | | | | | |
| | 19:30-20:30 Jeugd A, B, Jongens C | 20.45-22.15 | | | | | | | | | |
| | 20:30-22:00 H1, H2 | 22.15-23.45 | H2 | H1 | H2 | H1 | H2 | H1 | H2 | H1 | H2 |
| | 22.00-23:30 Wave | 23.15 - Afsluiting wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave |
| Dinsdag | | | 14/nov | 21/nov | 28/nov | 5/dec | 12/dec | 19/dec | 26/dec | 2/jan | 9/jan |
| | 19:15-20:15 Meiden C, Jongens C, Keepers | | | | | | | | | | |
| | 20:15-21:15 D1, D2, D3 | 21.30-22.30 | D1 | D2 | D3 | D1 | D2 | D3 | D1 | D2 | D3 |
| | 21:15-22:15 H3, H4, H5 | 22.30-23.30 | H3 | H4 | H5 | H3 | H4 | H5 | H3 | H4 | H5 |
| | 22:15-23:15 Wave | 23.30 - Afsluiting wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave |
| Vrijdag | | | 17/nov | 24/nov | 1/dec | 8/dec | 15/dec | 22/dec | 29/dec | 5/jan | 12/jan |
| | 18:30-19:30 Jeugd D, , B | | | | | | | | | | |
| | 19:30-20:30 Jongens A, H4, H5 | 20:45-21:45 | H5 | H4 | H5 | H4 | H5 | H4 | H5 | H4 | H5 |
| | 20:30-21:30 D1, D2, D3 | 21.45-22.45 | D3 | D1 | D2 | D3 | D1 | D2 | D3 | D1 | D2 |
| | 21:30-22:30 H1, H2, H3 | 22.45-23.45 | H2 | H1 | H3 | H2 | H1 | H3 | H2 | H1 | H3 |
| | 22:30-23:30 Wave | 23.45 - Afsluiting wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave | Wave |
| Zaterdag | | | 18/nov | 25/nov | 2/dec | 9/dec | 16/dec | 23/dec | 30/dec | 6/jan | 13/jan |
| | | | | 14:15 - 15:15 Ouders DG1 | 16:15 - 18:00 Ouders CM | 14:45 - 15:45 Ouders DG2 | 16:30 - 17:25 Ouders EG2 | | | | 13:35 - 14:35 Ouders DG2 |
| | | | | 15:15 - 16:45 Ouders DG2 | 18:00 - 18:45 H5 | 15:45 - 17:15 Ouders DG1 | 17:25 - 18:50 Ouders EG1 | | | | 14:35 - 16:05 Ouders DG1 |
| | | | | 16:45 - 18:15 Ouders CJ | 18:45 - 19:30 D3 | 17:15 - 18:45 Ouders BJ | 18:50 - 19:35 H5 | | | | 16:05 - 16:50 Ouders CJ |
| | | | | 18:15 - 20:00 Ouders BJ | 19:30 - 20:20 D2 | 18:45 - 19:45 H3 | 19:35 - 20:20 D2 | | | | 16:50 - 18:45 Ouders BJ |
| | | | | 20:00 - 21:00 AJ | 20:20 - 21:15 D1 | 19:45 - 20:45 AJ | 20:20 - SLUIT WAVE | | | | 18:45 - 20:10 AJ |
| | | | | 21:00 - 21:55 H2 | 21:15 - SLUIT WAVE | 20:45 - 21:40 H2 | | | | | 20:10 - 21:25 H1 |
| | | | | 21:55 - SLUIT H1 | | 21:40 - SLUIT H1 | | | | | 21:25 - 22:20 H2 |
| | | | | | | | | | | 22:20 - SLUIT WAVE | |
| | | | | | | | 17/dec | | | | |
| | | | | | | | 14:45 Openen D3 | | | | |
| | | | | | | | 16:00 - 16:55 D3 | | | | |
| | | | | | | | 16:55 - SLUIT D1 | | | | |

