

| maandag | groep | veld | trainer | maandag | groep | veld | trainer | maandag | groep | veld | trainer |
|-------------|----------------|------|---------------------------|-------------|-------|------|-------------------------|-------------|-------|------|-----------------|
| 16.00-17.00 | E3-E4 | 1a | Jan Groenewold | 16.00-17.00 | | 2a | | 16.00-17.00 | | 3a | |
| 16.15-17.15 | E1-E2 | 1b | Rene Wieffering | 16.00-17.00 | | 2b | | 16.00-17.00 | | 3b | |
| 17.00-18.00 | F1-F2 | 1a | Robert-Jan Bergen +Jeroen | 17.00-18.00 | C6 | 2a | Kimm van Mill | 17.00-18.00 | | 3a | |
| 17.15-18.15 | F3-F4 | 1b | Peter Loos | 17.00-18.00 | | 2b | | 17.00-18.00 | | 3b | |
| 18.00-19.00 | D9M | 1a | Robert van Venetie | 18.00-19.00 | D3 | 2a | Hans Kwetters Jeroen | 17.45-19.00 | D2 | 3a | Cor Struik |
| 18.15-19.00 | keeprens E1/E2 | 1b | frank Hoogendoorn | 18.00-19.00 | D4 | 2b | Dorrestein | 17.45-19.00 | D1 | 3b | Rene Wieffering |
| 19.00-20.00 | B1 | 1a | Cor Struik | 19.00-20.15 | C1 | 2a | Dolf Huisman | 19.00-20.00 | C3 | 3a | Arjan van Dam |
| 19.00-20.00 | B2 | 1b | Paul van Dam | 19.00-20.15 | C2 | 2b | Serge Unterhorst | 19.00-20.00 | MA1 | 3b | Monique/Rianne |
| 20.00-21.30 | A2 | 1a | Willem Bringman | 20.15-21.30 | A1 | 2a | Marcel IAmi | 20.00-21.30 | FS1 | 3a | Wim Eilander |
| 20.00-21.30 | Dames | 1b | John/Yvonne | 20.15-21.30 | A1 | 2b | Mats Stegehuis | 20.00-21.30 | FS 2 | 3b | Andre Lourens |

| dinsdag | groep | veld | trainer | dinsdag | groep | veld | trainer | dinsdag | groep | veld | trainer |
|-------------|-------|------|----------------------------|-------------|---------|------|------------------|-------------|-------|------|--------------|
| 16.00-17.00 | | 1a | | 16.00-17.00 | | 2a | | 16.00-17.00 | | 3a | |
| 16.15-17.15 | | 1b | | 16.00-17.00 | | 2b | | 16.00-17.00 | | 3b | |
| 17.00-18.00 | D8 | 1a | Bram Popering/Radjin/Karin | 17.00-18.00 | | 2a | | 17.00-18.00 | | 3a | |
| 17.15-18.15 | | 1b | | 17.30-18.30 | C4 | 2b | Mario Rutgrink | 17.00-18.00 | | 3b | |
| 18.00-19.00 | E6/E5 | 1a | Jeroen Gemmink | 18.30-19.30 | C5 | 2a | Jaap Triep | 18.30-19.30 | vrij | 3a | |
| 18.00-19.00 | B6 | 1b | Stef Bon | 18.30-19.30 | D5 | 2b | Eric Aarsen | 18.30-19.30 | C7 | 3b | Ivo Cornet |
| 19.00-20.00 | | 1a | | 19.30-20.30 | B3 | 2a | Frank Verhoeven | 20.00-21.30 | FS1 | 3a | Wim Eilander |
| 19.00-20.00 | A4 | 1b | Sander Zoutenbier | 19.30-20.30 | B4 | 2b | Eric den Oudsten | 20.00-21.30 | FS1 | 3b | Wim Eilander |
| 20.00-21.30 | FS 2 | 1a | Andre Lourens | 20.30-22.00 | FS9 | 2a | Alfred Westplat | | | 3a | |
| 20.00-21.30 | FS 2 | 1b | Andre Lourens | 20.30-22.00 | FS 8+11 | 2b | John+Michael | | | 3b | |

| woensdag | groep | veld | trainer | woensdag | groep | veld | trainer | woensdag | groep | veld | trainer |
|-------------|---|------|---------------------------|-------------|--------|------|-------------------------|-------------|-----------|------|-----------------------------|
| 15.00-16.00 | F10 | 1a | Johan Lemckert | | | | | 14.00-15.00 | ukkie1 | 3a | ome Dirk/Hugo Met |
| 15.00-16.00 | F13/14 | 1b | Femke Tabaklsblat | | | | | 14.00-15.00 | Mini-P | 3b | ome Kees |
| 16.00-17.00 | E3/E4 | 1a | Jan Groenewold | 16.00-17.00 | F11/12 | 2a | A Westplat /Dhr Beck | 15.00-16.00 | ukkie 2 | 3a | ome Dirk |
| 16.15-17.15 | E1/E2 | 1b | Rene Wieffering | 16.00-17.00 | F8 | 2b | vacature | 15.00-16.00 | Mini-P | 3b | Ome Kees |
| 17.00-18.00 | F3-F4 | 1a | Peter Loos | 17.00-18.00 | E9/E10 | 2a | Henk Nijstad/ | 16.00-17.00 | | | Rene Roozendaal |
| 17.15-18.15 | F1-F2 | 1b | Robert-Jan Bergen +Jeroen | 17.00-18.00 | | | | 16.00-17.00 | F7/F6 | 3a | /Wassink/vacature |
| 18.00-19.00 | E ? | 1a | Reinking | 17.00-18.00 | E7/8 | 2b | Frank Baltus | 16.00-17.00 | F5 | 3b | Jerry Heintz /Menno de Haan |
| 18.00-19.00 | Keepers D | 1b | Patrick Arends | 18.00-19.00 | D3 | 2a | Hans Kwetters | 17.00-18.00 | E11/E12 | 3a | Pieter Oorlog / |
| 19.00-20.00 | C3 | 1a | Arjan van Dam | 18.00-19.00 | | 2b | | 17.00-18.00 | | 3b | |
| 19.00-20.00 | B2 | 1b | Paul van Dam | 18.00-19.00 | D3 | 2a | Hans Kwetters | 18.00-19.00 | D2 | 3a | Tijdelijk Cor Struik |
| 20.00-21.00 | A3 trainersopleiding 31/8,7/9,14/9,21/ 9 | 1a | Willem Bringman | 18.00-19.00 | | 2b | | 17.45-19.00 | D1 | 3b | Rene Wieffering |
| 21.00-22.00 | | 1a | Pierre Schulz | 19.00-20.15 | C1 | 2a | Dolf Huisman | 19.00-21.00 | sel kpers | 3a | Leo de Boer |
| 21.00-22.00 | A2 | 1b | Willem Bringman | 19.00-20.15 | C2 | 2b | Serge Unterhorst | 19.00-20.15 | B1 | 3a | Cor Struik |
| | | | | 20.15-21.30 | | | | 19.00-20.15 | B1 | 3b | Cor Struik- |
| | | | | 20.15-21.30 | FS 12 | 2a | Robert Schreuders | 20.15-21.30 | A1 | 3a | Marcel IAmi |
| | | | | 20.15-21.30 | FS 13 | 2b | Evert Jenezon | 20.15-21.30 | A1 | 3b | Mats Stegehuis |

| donderdag | groep | veld | trainer | donderdag | groep | veld | trainer | donderdag | groep | veld | trainer |
|-------------|----------|------|--------------------|-------------|----------|------|----------------------|-------------|-----------|------|---|
| 16.00-17.00 | | 1a | | 16.00-17.00 | | 2a | | 16.00-17.00 | | 3a | |
| 16.00-17.00 | | 1b | | 16.00-17.00 | | 2b | | 16.15-17.15 | | 3b | |
| 17.00-18.00 | | 1a | | 17.00-18.00 | | 2a | | 17.00-18.00 | | 3a | |
| 17.00-18.00 | | 1b | | 17.30-18.30 | C4 | 2b | Mario Rutgrink | 17.15-18.15 | | 3b | |
| 18.00-19.00 | D9M | 1a | Sandy Peeters | 18.30-19.30 | D7 | 2a | Michiel Hoekema | 18.00-19.00 | E6/E5 | 3a | Jeroen Gemmink/Michiel van Baalen |
| 18.00-19.00 | MB1 | 1b | Robert van Venetie | 18.30-19.30 | D6 | 2b | Paul Pieters | 18.00-19.30 | B5 | 3b | Martin Zoon |
| 19.00-20.00 | DA1 | 1a | John/Yvonne | 19.30-21.00 | FS 2 + 3 | 2a | Andre Lourens | 19.30-21.00 | FS 1 | 3a | Wim Eilander |
| 19.00-20.30 | MA1 | 1b | Monique/Rianne | 19.30-21.00 | FS 2 +3 | 2b | Andre Lourens | 19.30-21.00 | FS 1 | 3b | Wim Eilander |
| 20.00-21.00 | FS 3 | 1a | Martin de Mooij | 21.00-21.30 | FS 4 | 2a | Peter Raaijmakers | 21.00-22.15 | FS 10 +13 | 3a | Michiel Hoekema/Evert Jenezon |
| 21.00-22.15 | FS 5 + 7 | 1 | Michel B +Bas K | 21.00-21.30 | FS 6 | 2b | Sander Geerlings | 21.00-22.15 | FS V1+14 | 3b | Reinier van den Burg/ Donny v d Plas |

| vrijdag | groep | veld | trainer | vrijdag | groep | veld | trainer | vrijdag | groep | veld | trainer |
|-------------|-------|------|-----------------|-------------|-------|------|------------------|-------------|---------|------|----------------------|
| 16.00-17.00 | | 1a | | 16.00-17.00 | | 2a | | 16.00-17.00 | | 3a | |
| 16.15-17.15 | | 1b | | 16.00-17.00 | | 2b | | 16.15-17.15 | E1/E2 | 3b | Rene Wieffering |
| 17.00-18.00 | | 1a | | 17.00-18.00 | | 2a | | 17.00-18.00 | keepers | 3a | Frank Hoogendoorn |
| 17.15-18.15 | | 1b | | 17.00-18.00 | | 2b | | 17.15-18.15 | | 3b | |
| 18.00-19.00 | | 1a | | 18.00-19.00 | B | 2a | | 17.45-19.00 | D1 | 3a | Rene Wieffering |
| 18.00-19.00 | | 1b | | 18.00-19.00 | D | 2b | | 18.00-19.00 | D2 | 3b | tijdelijk Cor Struik |
| 19.00-20.00 | B1 | 1a | Cor Struik | 19.00-20.00 | A1 | 2a | Marcel IAmi | 19.00-20.00 | C1 | 3a | Dolf Huisman |
| 19.00-20.00 | B2 | 1b | Paul van Dam | 19.00-20.00 | | 2b | | 19.00-20.00 | C2 | 3b | Serge Unterhorst |
| 20.00-21.00 | A2 | 1a | Willem Bringman | 20.00-21.30 | | 2a | | 20.00-21.30 | | 3a | VADERVOETBAL |
| 20.00-21.30 | B6 | 1b | Stef Bon | 20.00-21.30 | | 2b | VADERVOETBA L | 20.00-21.30 | | 3b | VADERVOETBAL |