

MAANDAG

	WB1	WB2	WB3	WB4
16u30 - 17u30 (1u)	NVG2			
17u30 - 19u (1,5u)	NVG3	NVG4	Comp 5 + 6	
19u - 21u (2u)	Comp 1 + 2 + 3 + 4			
21u - 22u (1u)	Masters			

DINSDAG

	WB1	WB2	WB3	WB4	WB5	WB6	DGA
16u30 - 17u15 (45min)	Comp 1 + 2 + 3			Comp 4 + 5 + 6			
17u15 - 17u30 (15min)				NVG1a + 1b			
17u30 - 18u (30min)							
18u - 19u (1u)	NVG3	NVG4					
19u - 20u (1u)	Recreatieven						

WOENSDAG

	WB1	WB2	WB3	WB4	DGA
12u30 - 13u (30min)	Comp 3 + 4 + 5 + 6			Flex	
13u - 14u (1u)					
14u00 - 16u30 (1,5u)					
16u30 - 17u (30min)	NVG2				
17u - 17u30 (30min)	NVG4			G-zwem	G-zwem
17u30 - 19u (1,5u)	G-zwem				
19u - 21u (2u)	G-zwem				
21u - 22u (1u)	Masters				

DONDERDAG

	WB1	WB2	WB3	WB4	WB5	WB6	DGA
16u30 - 17u30 (1u)	Comp 1 + 2 + 3			Comp 5	Comp 4 + 6		
17u30 - 17u45 (15min)				Flex			
17u45 - 18u30 (45min)				NVG1a + 1b			
18u30 - 19u30 (1u)	Recreatieven						

VRIJDAG

	WB1	WB2	WB3	WB4	WB5	WB6
16u30 - 17u30 (1u)	NVG2		NVG3		NVG4	
17u30 - 19u (1,5u)	Comp 4 + 5 + 6					
19u - 21u (2u)	Comp 1 + 2 + 3					
21u - 22u (1u)	Masters			G-zwem		

ZATERDAG

	WB1	WB2	WB3	WB4	WB5	WB6	DGA	DGB	Rec 1	Rec 2
17u - 19u (2u)	Comp 1 + 2 + 3 + 4 + 5 + 6						Zwemschool 17u10 - 19u50			
19u - 20u (1u)	Recreatieven		Masters				Zwemschool 18u30 - 19u50			