

| | maandag | | | dinsdag | | | woensdag | | | donderdag | | | vrijdag | | |
|-----------|---------|--------|-------------|----------|----------|-------------|----------|----------|-------------|-----------|----------|-------------|---------|--------|-------------|
| | B-noord | B-zuid | Tr driehoek | B-noord | B-zuid | Tr driehoek | B-noord | B-zuid | Tr driehoek | B-noord | B-zuid | Tr driehoek | B-noord | B-zuid | Tr driehoek |
| 1500-1530 | | | | | | | | O8-1 & 2 | | | | | | | |
| 1530-1600 | | | | | | | | O8-1 & 2 | | | | | | | |
| 1600-1630 | | | | | | | | | | | | | | | |
| 1630-1700 | | | | | | | | | | | | | | | |
| 1700-1730 | | | | | | | mini | O10-1&2 | O9-1 & 2 | | | | | | |
| 1730-1800 | | | | | | | mini | O10-1&2 | O9-1 & 2 | | | | | | |
| 1800-1830 | | | | O15-1 | O13-1 | | O12-1 | O11-1 | | | | MO11-1 & 2 | | | |
| 1830-1900 | O15-2 | | | O15-1 | O13-1 | Keeper | O12-1 | O11-1 | | | | MO11-1 & 2 | | | |
| 1900-1930 | O15-2 | MO13-1 | | O17-1 | O17-2 | Keeper | MO17-1 | | | O17-1 | O17-2 | | | | |
| 1930-2000 | O19-1 | MO13-1 | Dames | O17-1 | O17-2 | Keeper | MO17-1 | | Dames | O17-1 | O17-2 | | | | |
| 2000-2030 | O19-1 | | Dames | SELECTIE | SELECTIE | | MO17-1 | | Dames | SELECTIE | SELECTIE | senioren | | | |
| 2030-2100 | O19-1 | | | SELECTIE | SELECTIE | | | | | SELECTIE | SELECTIE | senioren | | | |

| | Dag | Tijd | Trainers: | Telefoon: |
|---------------|------------|-------------|-------------------------------------|------------------------------|
| Keepertrainer | Dinsdag | 18:30-20:00 | Peter Lerchbaumer | 06-14741044 |
| O19-1 | Maandag | 19:30-21:00 | Jelmer Voet Gerard Vinke | 06-16335561 0226-317765 |
| O17-1 | Dinsdag | 19:00-20:00 | Bastiaan Schaasberg Erik de Boer | 06-53246550 0226-314304 |
| | Donderdag | 19:00-20:00 | Marcel Engel Wilco Glas | 06-46157861 06-20498304 |
| O17-2 | Dinsdag | 19:00-20:00 | Bastiaan Schaasberg Erik de Boer | 06-53246550 0226-314304 |
| | Donderdag | 19:00-20:00 | Leon Rood Vincent Schouten | 06-41781755 06 537 741 02 |
| MO17-1 | Woensdag | 19:00-20:00 | Ralph Bellekom Jack Beemsterboer | 06-14564199 06-52343430 |
| O15-1 | Dinsdag | 18:00-19:00 | Rients Wagenaar Nick van Kan | 0226-320798 06-22981872 |
| O15-2 | Maandag | 18:30-19:30 | Ronald Plak | 06-50869105 |
| O13-1 | Dinsdag | 18:00-19:00 | Ronald Plak | 06-50869105 |
| MO13-1 | Maandag | 19:00-20:00 | Marloes Sevenhuijsen Iris Tros | 06-50956730 06-55771047 |
| O12-1 | Woensdag | 18:00-19:00 | Mark Strijbis | 06-42630415 |
| O11-1 | Woensdag | 18:00-19:00 | Ole Volbehr | 06-48161577 |
| MO11-1&2 | Donderdag | 18:00-19:00 | Iris Bakker | 06-51482349 |
| O10-1 & 2 | Woensdag | 17:00-18:00 | Frank de Jong Rob Molthoff | 06-40450602 06-20608585 |
| O9-1 | Woensdag | 17:00-18:00 | Jannes Haanstra Rene Bak | 06-10208491 06-43219114 |
| O9-2 | Woensdag | 17:00-18:00 | Henri Struiken-Boudier | 06-17616219 |
| O8-1 & 2 | Woensdag | 15:00-16:00 | Maarten den Hartigh | 06-53143844 |
| mini's | Woensdag | 17:00-18:00 | Frank de Jong | 06-40450602 |