

		17.00-17.30	17.30-18.00	18.00-18.30	18.30-19.00	19.00-19.30	19.30-20.00	20.00-20.30	20.30-21.00	21.00-21.30	21.30-22.00
Maandag	Fitness										
	Grasveld 1			Mini's		////		HRC 1 (& 2)			
	Kunstgrasveld 2			Benjamins		////		Touch rugby			
	Tussenveldje/veld 3 KG HDM (Nov-Feb)										
Dinsdag	Fitness		Colts			HRC 1 (& 2)					
	Grasveld 1		Juniors			////		HRC 1 (& 2)			
	Kunstgrasveld 2		Cubs			Colts		HRC 3 & Espoirs			
	Tussenveldje/veld 3 KG HDM (Nov-Feb)				Colts						
Woensdag	Fitness										
	Grasveld 1			Turven		////		HRC Xtreme			
	Kunstgrasveld 2			Mini's		////		Touch rugby			
	Tussenveldje/veld 3 KG HDM (Nov-Feb)			Benjamins							
Donderdag	Fitness		Colts			HRC 1 (& 2)					
	Grasveld 1		Cubs			////		HRC 1 (& 2)			
	Kunstgrasveld 2		Juniors			Colts		HRC 3 & Espoirs			
	Tussenveldje/veld 3 KG HDM (Nov-Feb)				Colts						
Vrijdag	Fitness										
	Grasveld 1					////		HRC Xtreme			
	Kunstgrasveld 2					////		Touch rugby (optional)			
	Tussenveldje/veld 3 KG HDM (Nov-Feb)										

Legenda



Overlap & Preparation Selection

