

# CONCEPT TRAININGSCHEMA I.V.M SCHOOL EN WERKTUDEN TRAINERS / SEIZOEN 2025-2026

| VELD 1 Links  |  |        |  | VELD 1 Rechts |  |        |  | VELD 4 |  |        |  | VELD 4 |  |        |  | GrasTr.veld links |  |        |  | GrasTr.veld rechts |  |        |  |
|---------------|--|--------|--|---------------|--|--------|--|--------|--|--------|--|--------|--|--------|--|-------------------|--|--------|--|--------------------|--|--------|--|
| Voor          |  | Achter |  | Voor          |  | Achter |  | Voor   |  | Achter |  | Voor   |  | Achter |  | Voor              |  | Achter |  | Voor               |  | Achter |  |
| Midden        |  | Achter |  | Midden        |  | Achter |  | Midden |  | Achter |  | Midden |  | Achter |  | Midden            |  | Achter |  | Midden             |  | Achter |  |
| Dag → tijd ↓  |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| MAANDAG       |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 16:45 - 17:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:00 - 17:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:15 - 17:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:30 - 17:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:45 - 18:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:00 - 18:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:15 - 18:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:30 - 18:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:45 - 19:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:00 - 19:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:15 - 19:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:30 - 19:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:45 - 20:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 20:00 - 20:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 20:15 - 21:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| Tijd ↓        |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| DINSdag       |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 16:00 - 16:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 16:45 - 17:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:00 - 17:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:15 - 17:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:30 - 17:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:45 - 18:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:00 - 18:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:15 - 18:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:30 - 18:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:45 - 19:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:00 - 19:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:15 - 19:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:30 - 19:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:45 - 20:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 20:00 - 20:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 20:15 - 21:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| Tijd ↓        |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| WOENSdag      |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 15:30 - 15:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 15:45 - 16:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 16:00 - 16:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 16:15 - 16:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 16:30 - 16:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 16:45 - 17:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:00 - 17:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:15 - 17:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:30 - 17:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:45 - 18:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:00 - 18:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:15 - 18:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:30 - 18:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:45 - 19:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:00 - 19:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:15 - 19:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:30 - 19:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:45 - 20:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 20:00 - 20:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 20:15 - 21:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| Tijd ↓        |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| DONDERdag     |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 16:00 - 16:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 16:45 - 17:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:00 - 17:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:15 - 17:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:30 - 17:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 17:45 - 18:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:00 - 18:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:15 - 18:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:30 - 18:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:45 - 19:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:00 - 19:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:15 - 19:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:30 - 19:45 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:45 - 20:00 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 20:00 - 20:15 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 20:15 - 21:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| Tijd ↓        |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| VRIJdag       |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 18:00         |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 19:00         |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 20:00         |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| 20:15 - 21:30 |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| Tijd ↓        |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |
| Zat / zon     |  |        |  |               |  |        |  |        |  |        |  |        |  |        |  |                   |  |        |  |                    |  |        |  |