

# ZAC Trainingsschema 2025/2026 v1.1

[illegible]

|       |       | Woensdag      |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   |       |       | Donderdag     |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       |                     |       |       |       |       |       |       |       |       |       |
|-------|-------|---------------|----|---------------|------|-------------------------------|----|---------------|----|--------------------------------|----|----|----|-----------------------------|----|----|----|---------------------|---|-------|-------|---------------|-------|--------------|----|-------------------------------|----|-------------|----|--------------------------------|----|------------------------|----|-----------------------------|-------|---------------|-------|---------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|       |       | Hoofdveld ZAC |    |               |      | Veld 4 (2e kunstgrasveld ZAC) |    |               |    | Veld 3 (kunstgrasveld Zw Boys) |    |    |    | Veld 2 / 5 (grasveld ZAC) * |    |    |    | Veld 6 (t-veld ZAC) |   |       |       | Hoofdveld ZAC |       |              |    | Veld 4 (2e kunstgrasveld ZAC) |    |             |    | Veld 3 (kunstgrasveld Zw Boys) |    |                        |    | Veld 2 / 5 (grasveld ZAC) * |       |               |       | Veld 6 (t-veld ZAC) |       |       |       |       |       |       |       |       |       |
|       |       | A1            | A2 | B1            | B2   | A1                            | A2 | B1            | B2 | A1                             | A2 | B1 | B2 | A1                          | A2 | B1 | B2 | A                   | B |       |       | A1            | A2    | B1           | B2 | A1                            | A2 | B1          | B2 | A1                             | A2 | B1                     | B2 | A                           | B     |               |       |                     |       |       |       |       |       |       |       |       |       |
| 16:00 | 16:15 | Minis         |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   | 16:00 | 16:15 |               |       |              |    |                               |    |             |    |                                |    |                        |    |                             | 16:00 | 16:15         |       |                     |       |       |       |       |       |       |       |       |       |
| 16:15 | 16:30 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   |       | 16:15 | 16:30         |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       | 16:15         | 16:30 |                     |       |       |       |       |       |       |       |       |       |
| 16:30 | 16:45 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   |       | 16:30 | 16:45         |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               | 16:30 | 16:45               |       |       |       |       |       |       |       |       |       |
| 16:45 | 17:00 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   |       | 16:45 | 17:00         |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               | 16:45 | 17:00               |       |       |       |       |       |       |       |       |       |
| 17:00 | 17:15 | JO7           |    | kickstars     | JO10 |                               |    |               |    | JO8                            |    |    |    |                             |    |    |    |                     |   |       |       | 17:00         | 17:15 | JO13-3       |    | JO13-2                        |    | JO13-4      |    | Keeperstraining<br>2           |    |                        |    |                             |       |               |       |                     |       | 17:00 | 17:15 |       |       |       |       |       |       |
| 17:15 | 17:30 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   |       |       | 17:15         | 17:30 |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       |                     |       | 17:15 | 17:30 | 17:15 | 17:30 | 17:15 | 17:30 | 17:15 | 17:30 |
| 17:30 | 17:45 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   |       |       | 17:30         | 17:45 |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       |                     |       | 17:30 | 17:45 | 17:30 | 17:45 | 17:30 | 17:45 | 17:30 | 17:45 |
| 17:45 | 18:00 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   |       |       | 17:45         | 18:00 |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       |                     |       | 17:45 | 18:00 | 17:45 | 18:00 | 17:45 | 18:00 | 17:45 | 18:00 |
| 18:00 | 18:15 | JO11          |    |               |      | JO12                          |    |               |    | JO9                            |    |    |    |                             |    |    |    |                     |   |       |       | 18:00         | 18:15 | JO15-1       |    | JO15-2                        |    | JO15-5      |    | MO13                           |    | JO15-3                 |    | JO15-4                      |       | JO13-1        |       |                     |       | 18:00 | 18:15 |       |       |       |       |       |       |
| 18:15 | 18:30 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   |       |       | 18:00         | 18:15 |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       |                     |       | 18:15 | 18:30 | 18:15 | 18:30 | 18:15 | 18:30 | 18:15 | 18:30 |
| 18:30 | 18:45 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   |       |       | 18:30         | 18:45 |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       |                     |       | 18:30 | 18:45 | 18:30 | 18:45 | 18:30 | 18:45 | 18:30 | 18:45 |
| 18:45 | 19:00 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   |       |       | 18:45         | 19:00 |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       |                     |       | 18:45 | 19:00 | 18:45 | 19:00 | 18:45 | 19:00 | 18:45 | 19:00 |
| 19:00 | 19:15 | JO17-1<br>KL1 |    | JO17-2<br>KL1 |      | JO17-4<br>KL2                 |    | JO17-3<br>KL2 |    |                                |    |    |    | VR2<br>KL3                  |    |    |    |                     |   | 19:00 | 19:15 | JO19-1<br>KL7 |       | ZAC-9<br>KL2 |    | ZAC-3<br>KL1                  |    | VR-1<br>KL3 |    |                                |    |                        |    | JO19-3<br>KL6               |       | MO17-1<br>KL3 |       | JO19-2<br>KL7       |       | 19:00 | 19:15 |       |       |       |       |       |       |
| 19:15 | 19:30 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   | 19:15 | 19:30 |               |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       |                     |       | 19:15 | 19:30 | 19:15 | 19:30 | 19:15 | 19:30 | 19:15 | 19:30 |
| 19:30 | 19:45 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   | 19:30 | 19:45 |               |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       |                     |       | 19:30 | 19:45 | 19:30 | 19:45 | 19:30 | 19:45 | 19:30 | 19:45 |
| 19:45 | 20:00 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   | 19:45 | 20:00 |               |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       |                     |       | 19:45 | 20:00 | 19:45 | 20:00 | 19:45 | 20:00 | 19:45 | 20:00 |
| 20:00 | 20:15 | ZAC-10<br>KL7 |    | VR18+<br>KL3  |      | ZAC-11<br>KL1                 |    | ZAC-5<br>KL2  |    |                                |    |    |    |                             |    |    |    |                     |   | 20:00 | 20:15 | ZAC 1<br>KL6  |       | ZAC 2<br>KL7 |    | ZAC-6<br>KL1                  |    |             |    |                                |    | OLDE<br>ZAC 'EN<br>KL2 |    | 35+<br>KL2                  |       | ZAC-4<br>KL1  |       | 20:00               | 20:15 |       |       |       |       |       |       |       |       |
| 20:15 | 20:30 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   | 20:15 | 20:30 |               |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       | 20:15               | 20:30 | 20:15 | 20:30 | 20:15 | 20:30 | 20:15 | 20:30 |       |       |
| 20:30 | 20:45 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   | 20:30 | 20:45 |               |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       | 20:30               | 20:45 | 20:30 | 20:45 | 20:30 | 20:45 | 20:30 | 20:45 |       |       |
| 20:45 | 21:00 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   | 20:45 | 21:00 |               |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       |               |       | 20:45               | 21:00 | 20:45 | 21:00 | 20:45 | 21:00 | 20:45 | 21:00 |       |       |
| 21:00 | 21:15 | ZAC-10<br>KL7 |    | VR18+<br>KL3  |      | ZAC-11<br>KL1                 |    | ZAC-5<br>KL2  |    |                                |    |    |    |                             |    |    |    |                     |   | 21:00 | 21:15 |               |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       | 21:00         | 21:15 |                     |       |       |       |       |       |       |       |       |       |
| 21:15 | 21:30 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   | 21:15 | 21:30 |               |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       | 21:15         | 21:30 | 21:15               | 21:30 | 21:15 | 21:30 | 21:15 | 21:30 |       |       |       |       |
| 21:30 | 21:45 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   | 21:30 | 21:45 |               |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       | 21:30         | 21:45 | 21:30               | 21:45 | 21:30 | 21:45 | 21:30 | 21:45 |       |       |       |       |
| 21:45 | 22:00 |               |    |               |      |                               |    |               |    |                                |    |    |    |                             |    |    |    |                     |   | 21:45 | 22:00 |               |       |              |    |                               |    |             |    |                                |    |                        |    |                             |       | 21:45         | 22:00 | 21:45               | 22:00 | 21:45 | 22:00 | 21:45 | 22:00 |       |       |       |       |

\* Veld 2/5: Zolang het licht het toe laat veld 2, anders veld 5

KLx = Kledingkamer nummer

