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|  | **Groep** | **Locatie** | **Tijd** |
| **Maandag** | **Gymnastiek kleuters (Nijntje)** | **Turnhal** | **14.45 - 15.30** |
|  | **Gymnastiek 6/7 jaar** | **Fugellân** | **17.15 - 18.00** |
|  | **Gymnastiek 8/9 jaar** | **Fugellân** | **18.00 - 18.45** |
|  | **B selectie midden** | **Turnhal** | **16.00 – 18.00** |
|  | **B selectie groot** | **Turnhal** | **18.00 – 20.00** |
|  | **Damesgym** | **Fugellân** | **19.00 - 20.00** |
|  | **Lijnbal** | **Fugellân** | **20.00 – 21.00** |
| **Dinsdag** | **Gym combinatieles** | **Turnhal** | **09.00 – 10.00** |
|  | **Gymnastiek peuters** | **Fugellân** | **10.00 - 10.45** |
|  | **Gymnastiek kleuters** | **Turnhal** | **14.30 - 15.15** |
|  | **Gymnastiek 6/7 jaar** | **Fonteinslanden** | **15.15 - 16.00** |
|  | **Gymnastiek 8/9 jaar** | **Fonteinslanden** | **16.00 - 16.45** |
|  | **Dans** | **Fugellân** | **17.30 - 18.30** |
|  | **Acro E** | **Turnhal** | **16.00 - 18.00** |
|  | **Gymnastiek 10/12 jaar** | **Turnhal** | **17.45 – 18.45** |
|  | **Acro D** | **Turnhal** | **18.00 – 20.00** |
|  | **Gym dames 50+** | **Fonteinslanden** | **19.00 – 20.00** |
| **Woensdag** | **Free running 6 t/m 8 jaar** | **Trimmer** | **13.00 - 14.00** |
|  | **Free running 8 t/m 10 jaar** | **Trimmer** | **14.00 - 15.00** |
|  | **Free running 10 t/m 14 jaar** | **Trimmer** | **15.00 - 16.00** |
|  | **Free running 14+** | **Trimmer** | **16.00 - 17.00** |
|  | **C selectie midden** | **Turnhal** | **14.30 - 16.30** |
|  | **A selectie midden** | **Turnhal** | **16.00 - 18.45** |
|  | **B selectie midden** | **Turnhal** | **15.30 - 17.30** |
|  | **C selectie groot** | **Turnhal** | **18.00 - 20.00**  |
|  | **B selectie groot** | **Turnhal** | **18.00 – 20.00** |
|  | **A selectie groot** | **Turnhal** | **18.15 – 21.00** |
| **Donderdag** | **Gym combinatieles** | **Turnhal** | **09.00 – 10.00** |
|  | **Instap acro** | **Turnhal** | **15.00 - 16.30** |
|  | **Instap acro** | **Turnhal** | **16.30 - 18.00** |
|  | **Acro C en D** | **Turnhal** | **18.00 – 20.00** |
|  | **Turnfun** | **Turnhal** | **18.30 - 20.00** |
|  | **Senioren**  | **Turnhal** | **20.00 – 21.00** |
|  | **Dames gymnastiek** | **Fugellân** | **19.00 – 20.30** |
| **Vrijdag** | **Pre instap** | **Turnhal** | **14.30 – 16.30** |
|  | **A selectie midden** | **Turnhal** | **16.00 – 18.45** |
|  | **Acro E plus** | **Turnhal** | **18.00 - 20.00** |
|  | **A selectie groot** | **Turnhal** | **18.15 – 21.00** |
| **Zaterdag** | **Acro 2de training** | **Turnhal** | **08.15 - 10.15** |
|  | **Pre instap** | **Turnhal** | **10.30 - 12.45** |
|  | **Combi pre-instap + jongste A** | **Turnhal** | **11.30 - 14.30** |
|  | **A selectie midden+groot** | **Turnhal** | **13.30 - 16.30** |