

## Trainingschema seizoen 2024-2025

|  |   |
|--|---|
|  | SVO-reservering   |
|  | UBALL-reservering   |
|  | Antilope-reservering (reservering gemeentezalen via SVO)                |
|  | H1 en H2 -team Utrecht Basketball (reservering gemeentezalen via UBALL) |
|  | Cangeroes-reservering (reservering gemeentezalen via UBALL)             |

### Sportcentrum Oudenrijn

| Tijd  |       | Maandag |        |        | Dinsdag |         |         | Woensdag         |                    |        | Donderdag        |        |         | Vrijdag          |        |        | Tijd  |       |
|-------|-------|---------|--------|--------|---------|---------|---------|------------------|--------------------|--------|------------------|--------|---------|------------------|--------|--------|-------|-------|
| van   | tot   | veld 1  | veld 2 | veld 3 | veld 1  | veld 2  | veld 3  | veld 1           | veld 2             | veld 3 | veld 1           | veld 2 | veld 3  | veld 1           | veld 2 | veld 3 | van   | tot   |
| 10:00 | 10:30 |         |        |        |         |         |         |                  |                    |        |                  |        |         |                  |        |        | 10:00 | 10:30 |
| 10:30 | 11:00 |         |        |        |         |         |         |                  |                    |        |                  |        |         |                  |        |        | 10:30 | 11:00 |
| 11:00 | 11:30 |         |        |        |         |         |         |                  |                    |        |                  |        |         |                  |        |        | 11:00 | 11:30 |
| 11:30 | 12:00 |         |        |        |         |         |         |                  |                    |        |                  |        |         |                  |        |        | 11:30 | 12:00 |
| 15:30 | 16:00 |         |        |        |         |         |         |                  |                    |        |                  |        |         |                  |        |        | 15:30 | 16:00 |
| 16:00 | 16:30 |         |        |        |         |         |         | Niet beschikbaar |                    |        | Niet beschikbaar |        |         | Niet beschikbaar |        |        | 16:00 | 16:30 |
| 16:30 | 17:00 |         |        |        | BAU U13 | BAU U15 | BAU U19 | Niet beschikbaar |                    |        | Niet beschikbaar |        |         | Niet beschikbaar |        |        | 16:30 | 17:00 |
| 17:00 | 17:30 |         |        |        | BAU U14 | BAU U16 | (helft) | Niet beschikbaar |                    |        | Niet beschikbaar |        |         | Niet beschikbaar |        |        | 17:00 | 17:30 |
| 17:30 | 18:00 | SVO/BAU | XU12-4 | XU10-3 |         |         |         | U16 (ere & 1e)   | U16 (ere & 1e)     |        | XU12-2           | XU12-3 | U14-2   | U8               | U8     |        | 17:30 | 18:00 |
| 18:00 | 18:30 | MU12-1  |        |        |         |         |         |                  |                    |        | MU16-1           |        |         |                  |        | MU16-4 | 18:00 | 18:30 |
| 18:30 | 19:00 |         |        |        |         |         |         |                  |                    |        |                  |        |         |                  |        |        | 18:30 | 19:00 |
| 19:00 | 19:30 |         |        |        | Sea 3   | MU16-3  | MU18-1  |                  |                    |        |                  |        |         |                  |        |        | 19:00 | 19:30 |
| 19:30 | 20:00 | MU22-1  | U14-1  | VU18-1 |         |         |         |                  |                    |        |                  |        |         |                  |        |        | 19:30 | 20:00 |
| 20:00 | 20:30 |         |        |        |         |         |         | U19              | Utrecht Basketball |        | MU18-3           | U14-3  |         | MU16-2           | MU18-2 |        | 20:00 | 20:30 |
| 20:30 | 21:00 |         |        |        | Sea 1/2 | Heren 2 | Heren 1 |                  |                    |        |                  |        |         |                  |        |        | 20:30 | 21:00 |
| 21:00 | 21:30 |         |        |        |         |         |         |                  |                    |        |                  |        |         |                  |        |        | 21:00 | 21:30 |
| 21:30 | 22:00 |         |        |        |         |         |         |                  |                    |        | Recreanten       |        | Heren 2 | SCA 3            |        | 21:30  | 22:00 |       |
| 22:00 | 22:30 |         |        |        |         |         |         |                  |                    |        |                  |        |         |                  |        |        | 22:00 | 22:30 |
| 22:30 | 23:00 |         |        |        |         |         |         |                  |                    |        |                  |        |         |                  |        |        | 22:30 | 23:00 |

### LRC/SportCampus

| Tijd  |       | Maandag          |        |        | Dinsdag |        |        | Woensdag |         |           | Donderdag  |         |                    | Vrijdag |        |             | Tijd  |       |
|-------|-------|------------------|--------|--------|---------|--------|--------|----------|---------|-----------|------------|---------|--------------------|---------|--------|-------------|-------|-------|
| van   | tot   | veld 1           | veld 2 | veld 3 | veld 1  | veld 2 | veld 3 | veld 1   | veld 2  | veld 3    | veld 1     | veld 2  | veld 3             | veld 1  | veld 2 | veld 3      | van   | tot   |
| 10:00 | 10:30 |                  |        |        |         |        |        |          |         |           |            |         |                    |         |        |             | 10:00 | 10:30 |
| 10:30 | 11:00 |                  |        |        |         |        |        |          |         |           |            |         |                    |         |        |             | 10:30 | 11:00 |
| 11:00 | 11:30 |                  |        |        |         |        |        |          |         |           |            |         |                    |         |        |             | 11:00 | 11:30 |
| 11:30 | 12:00 |                  |        |        |         |        |        |          |         |           |            |         |                    |         |        |             | 11:30 | 12:00 |
| 15:30 | 16:00 | Niet beschikbaar |        |        |         |        |        |          |         |           |            |         |                    |         |        |             | 15:30 | 16:00 |
| 16:00 | 16:30 |                  |        |        |         |        |        | BAU U13  | SVO/BAU | Cangeroes | BAU U14    | BAU U15 | BAU U19            | BAU U13 |        | BAU U19 1-2 | 16:00 | 16:30 |
| 16:30 | 17:00 |                  |        |        |         |        |        | BAU U14  | MU12-1  | VU16      | BAU U13    | BAU U16 | (helft)            | BAU U14 |        |             | 16:30 | 17:00 |
| 17:00 | 17:30 |                  |        |        |         |        |        |          |         |           |            |         |                    |         |        |             | 17:00 | 17:30 |
| 17:30 | 18:00 |                  |        |        |         |        |        |          |         |           |            |         |                    |         |        |             | 17:30 | 18:00 |
| 18:00 | 18:30 |                  |        |        |         |        |        |          |         |           |            |         |                    |         |        |             | 18:00 | 18:30 |
| 18:30 | 19:00 |                  |        |        |         |        |        | VU16-1   | U14-1   | XU10      | SVO/BAU    |         | MU18-1             | Vrij    | MU16-5 | MU16-1      | 18:30 | 19:00 |
| 19:00 | 19:30 | MU16-1           | MU16-5 | MU18-3 |         |        |        |          |         |           | MU12-1     | MU16-3  |                    |         |        | 19:00       | 19:30 |       |
| 19:30 | 20:00 |                  |        |        |         |        |        |          |         |           |            |         |                    |         |        |             | 19:30 | 20:00 |
| 20:00 | 20:30 |                  |        |        |         |        |        | MU16-2   | MU18-2  | MU18-4    | Vrij       |         | Utrecht Basketball |         |        |             | 20:00 | 20:30 |
| 20:30 | 21:00 |                  |        |        |         |        |        |          |         |           | Dames      | Heren 1 | Basketball         |         |        |             | 20:30 | 21:00 |
| 21:00 | 21:30 |                  |        |        |         |        |        |          |         |           | Recreanten |         | HS1                |         |        |             | 21:00 | 21:30 |
| 21:30 | 22:00 |                  |        |        |         |        |        |          |         |           |            | Vrij    |                    |         |        |             | 21:30 | 22:00 |
| 22:00 | 22:30 |                  |        |        |         |        |        |          |         |           |            |         |                    |         |        |             | 22:00 | 22:30 |
| 22:30 | 23:00 |                  |        |        |         |        |        |          |         |           |            |         |                    |         |        |             | 22:30 | 23:00 |



| Gymzaal Ten Veldestraat |       |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        |       |       |
|-------------------------|-------|---------|--------|--------|---------|--------|--------|----------|--------|--------|-----------|--------|--------|---------|--------|--------|-------|-------|
| Tijd                    |       | Maandag |        |        | Dinsdag |        |        | Woensdag |        |        | Donderdag |        |        | Vrijdag |        |        | Tijd  |       |
| van                     | tot   | veld 1  | veld 2 | veld 3 | veld 1  | veld 2 | veld 3 | veld 1   | veld 2 | veld 3 | veld 1    | veld 2 | veld 3 | veld 1  | veld 2 | veld 3 | van   | tot   |
| 10:00                   | 10:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 10:00 | 10:30 |
| 10:30                   | 11:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 10:30 | 11:00 |
| 11:00                   | 11:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 11:00 | 11:30 |
| 11:30                   | 12:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 11:30 | 12:00 |
| 15:30                   | 16:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 15:30 | 16:00 |
| 16:00                   | 16:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 16:00 | 16:30 |
| 16:30                   | 17:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 16:30 | 17:00 |
| 17:00                   | 17:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 17:00 | 17:30 |
| 17:30                   | 18:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 17:30 | 18:00 |
| 18:00                   | 18:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 18:00 | 18:30 |
| 18:30                   | 19:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 18:30 | 19:00 |
| 19:00                   | 19:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 19:00 | 19:30 |
| 19:30                   | 20:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 19:30 | 20:00 |
| 20:00                   | 20:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 20:00 | 20:30 |
| 20:30                   | 21:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 20:30 | 21:00 |
| 21:00                   | 21:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 21:00 | 21:30 |
| 21:30                   | 22:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 21:30 | 22:00 |
| 22:00                   | 22:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 22:00 | 22:30 |
| 22:30                   | 23:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 22:30 | 23:00 |

| Gymzaal Terwijde |       |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        |       |       |
|------------------|-------|---------|--------|--------|---------|--------|--------|----------|--------|--------|-----------|--------|--------|---------|--------|--------|-------|-------|
| Tijd             |       | Maandag |        |        | Dinsdag |        |        | Woensdag |        |        | Donderdag |        |        | Vrijdag |        |        | Tijd  |       |
| van              | tot   | veld 1  | veld 2 | veld 3 | veld 1  | veld 2 | veld 3 | veld 1   | veld 2 | veld 3 | veld 1    | veld 2 | veld 3 | veld 1  | veld 2 | veld 3 | van   | tot   |
| 10:00            | 10:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 10:00 | 10:30 |
| 10:30            | 11:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 10:30 | 11:00 |
| 11:00            | 11:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 11:00 | 11:30 |
| 11:30            | 12:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 11:30 | 12:00 |
| 15:30            | 16:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 15:30 | 16:00 |
| 16:00            | 16:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 16:00 | 16:30 |
| 16:30            | 17:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 16:30 | 17:00 |
| 17:00            | 17:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 17:00 | 17:30 |
| 17:30            | 18:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 17:30 | 18:00 |
| 18:00            | 18:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 18:00 | 18:30 |
| 18:30            | 19:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 18:30 | 19:00 |
| 19:00            | 19:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 19:00 | 19:30 |
| 19:30            | 20:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 19:30 | 20:00 |
| 20:00            | 20:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 20:00 | 20:30 |
| 20:30            | 21:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 20:30 | 21:00 |
| 21:00            | 21:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 21:00 | 21:30 |
| 21:30            | 22:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 21:30 | 22:00 |
| 22:00            | 22:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 22:00 | 22:30 |
| 22:30            | 23:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 22:30 | 23:00 |

| Gymzaal Het Zand |       |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        |       |       |
|------------------|-------|---------|--------|--------|---------|--------|--------|----------|--------|--------|-----------|--------|--------|---------|--------|--------|-------|-------|
| Tijd             |       | Maandag |        |        | Dinsdag |        |        | Woensdag |        |        | Donderdag |        |        | Vrijdag |        |        | Tijd  |       |
| van              | tot   | veld 1  | veld 2 | veld 3 | veld 1  | veld 2 | veld 3 | veld 1   | veld 2 | veld 3 | veld 1    | veld 2 | veld 3 | veld 1  | veld 2 | veld 3 | van   | tot   |
| 10:00            | 10:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 10:00 | 10:30 |
| 10:30            | 11:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 10:30 | 11:00 |
| 11:00            | 11:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 11:00 | 11:30 |
| 11:30            | 12:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 11:30 | 12:00 |
| 15:30            | 16:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 15:30 | 16:00 |
| 16:00            | 16:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 16:00 | 16:30 |
| 16:30            | 17:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 16:30 | 17:00 |
| 17:00            | 17:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 17:00 | 17:30 |
| 17:30            | 18:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 17:30 | 18:00 |
| 18:00            | 18:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 18:00 | 18:30 |
| 18:30            | 19:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 18:30 | 19:00 |
| 19:00            | 19:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 19:00 | 19:30 |
| 19:30            | 20:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 19:30 | 20:00 |
| 20:00            | 20:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 20:00 | 20:30 |
| 20:30            | 21:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 20:30 | 21:00 |
| 21:00            | 21:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 21:00 | 21:30 |
| 21:30            | 22:00 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 21:30 | 22:00 |
| 22:00            | 22:30 |         |        |        |         |        |        |          |        |        |           |        |        |         |        |        | 22:00 | 22:30 |

MU16-4