

## Trainingschema Antwerp Phantoms 2020 - 2021 Code Oranje

<u>TEAM / DAG</u>	<u>MAANDAG</u>	<u>DINSDAG</u>	<u>WOENSDAG</u>	<u>DONDERDAG</u>	<u>VRIJDAG</u>	<u>ZATERDAG</u>	<u>ZONDAG</u>
<u>U8/U10</u>	19u00 - 20u15 Zamboni					17u30- 18u30 Zamboni	
<u>U14</u>		19u00- 20u00 Zamboni	19u00 - 19u50 Zamboni				
<u>U16</u>		20u15 - 21u15 Zamboni		19u00- 20u00 Zamboni			
<u>U19</u>	20u30 - 21u30 Zamboni			20u15 - 21u15 Zamboni			
<u>DIV1</u>		21u30 - 22u45 Zamboni		21u30 - 22u45 Zamboni			
<u>DIV2/DIV3/DIV4</u>	21u45 - 23u00 Zamboni		21u10 - 22u00 Zamboni		22u15 - 23u15 Zamboni		
<u>SLEDGE</u>			20u05 - 20u55 Zamboni		12u00 - 13u00 Zamboni	16u15- 17u15 Zamboni	