

BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 26/10/2026					BEGIN - EIND		DINSdag 27/10/2026					BEGIN - EIND		WOENSDAG 28/10/2026					BEGIN - EIND		DONDERDAG 29/10/2026					BEGIN - EIND		vRIJDAG 30/10/2026					BEGIN - EIND		ZATERdag 31/10/2026					BEGIN - EIND		ZONdag 1/11/2026				
		BODEM	1	2	3	4			5	BODEM	1	2	3			4	5	BODEM	1	2			3	4	5	BODEM	1			2	3	4	5	BODEM			1	2	3	4	5			BODEM	1	2	3	4
8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						
8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						
8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						
8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						
9:00	9:15	123 cm						9:00	9:15	75 cm						9:00	9:15	75 cm						9:00	9:15	123 cm						9:00	9:15	55 cm						9:00	9:15	2 m						
9:15	9:30	123 cm						9:15	9:30	75 cm						9:15	9:30	75 cm						9:15	9:30	123 cm						9:15	9:30	55 cm						9:15	9:30	2 m						
9:30	9:45	123 cm						9:30	9:45	75 cm						9:30	9:45	75 cm						9:30	9:45	123 cm						9:30	9:45	65 cm						9:30	9:45	2 m						
9:45	10:00	123 cm						9:45	10:00	75 cm						9:45	10:00	75 cm						9:45	10:00	123 cm						9:45	10:00	65 cm						9:45	10:00	2 m						
10:00	10:15	123 cm						10:00	10:15	75 cm						10:00	10:15	75 cm						10:00	10:15	135 cm						10:00	10:15	65 cm						10:00	10:15	2 m						
10:15	10:30	123 cm						10:15	10:30	75 cm						10:15	10:30	75 cm						10:15	10:30	135 cm						10:15	10:30	65 cm						10:15	10:30	2 m						
10:30	10:45	123 cm						10:30	10:45	75 cm						10:30	10:45	75 cm						10:30	10:45	135 cm						10:30	10:45	65 cm						10:30	10:45	2 m						
10:45	11:00	123 cm						10:45	11:00	75 cm						10:45	11:00	135 cm						10:45	11:00	135 cm						10:45	11:00	65 cm						10:45	11:00	2 m						
11:00	11:15	123 cm						11:00	11:15	75 cm						11:00	11:15	135 cm						11:00	11:15	135 cm						11:00	11:15	65 cm						11:00	11:15	135 cm						
11:15	11:30	123 cm						11:15	11:30	75 cm						11:15	11:30	135 cm						11:15	11:30	135 cm						11:15	11:30	75 cm						11:15	11:30	135 cm						
11:30	11:45	135 cm						11:30	11:45	75 cm						11:30	11:45	135 cm						11:30	11:45	135 cm						11:30	11:45	75 cm						11:30	11:45	135 cm						
11:45	12:00	135 cm						11:45	12:00	135 cm						11:45	12:00	135 cm						11:45	12:00	135 cm						11:45	12:00	75 cm						11:45	12:00	135 cm						
12:00	12:15	135 cm						12:00	12:15	120 cm						12:00	12:15	135 cm						12:00	12:15	135 cm						12:00	12:15	95 cm						12:00	12:15	135 cm						
12:15	12:30	135 cm						12:15	12:30	120 cm						12:15	12:30	135 cm						12:15	12:30	135 cm						12:15	12:30	95 cm						12:15	12:30	135 cm						
12:30	12:45	135 cm						12:30	12:45	120 cm						12:30	12:45	135 cm						12:30	12:45	125 cm						12:30	12:45	95 cm						12:30	12:45	135 cm						
12:45	13:00	135 cm						12:45	13:00	120 cm						12:45	13:00	135 cm						12:45	13:00	125 cm						12:45	13:00	95 cm						12:45	13:00	135 cm						
13:00	13:15	75 cm						13:00	13:15	120 cm						13:00	13:15	135 cm						13:00	13:15	125 cm						13:00	13:15	95 cm						13:00	13:15	135 cm						
13:15	13:30	75 cm						13:15	13:30	120 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						
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14:30	14:45	135 cm						14:30	14:45	135 cm						14:30	14:45	65 cm						14:30	14:45	135 cm						14:30</																

BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 2/11/2026					BEGIN - EIND		DINSdag 3/11/2026					BEGIN - EIND		WOENSDAG 4/11/2026					BEGIN - EIND		DONDERDAG 5/11/2026					BEGIN - EIND		VRIJDAG 6/11/2026					BEGIN - EIND		ZATERDAG 7/11/2026					BEGIN - EIND		ZONDAG 8/11/2026				
		BODEM	1	2	3	4			5	BODEM	1	2	3			4	5	BODEM	1	2			3	4	5	BODEM	1			2	3	4	5	BODEM			1	2	3	4	5			BODEM	1	2	3	4
8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						
8:15	8:30	135 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						
8:30	8:45	135 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						
8:45	9:00	135 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						
9:00	9:15	135 cm					VAKANTIECURSUS	9:00	9:15	135 cm						9:00	9:15	135 cm						9:00	9:15	123 cm						9:00	9:15	135 cm						9:00	9:15	2 m						
9:15	9:30	135 cm				9:15		9:30	135 cm							9:15	9:30	135 cm						9:15	9:30	123 cm						9:15	9:30	135 cm						9:15	9:30	2 m						
9:30	9:45	135 cm				9:30		9:45	135 cm							9:30	9:45	135 cm						9:30	9:45	123 cm	AQUASEN IOR					9:30	9:45	135 cm						9:30	9:45	2 m						
9:45	10:00	135 cm				9:45		10:00	135 cm							9:45	10:00	135 cm						9:45	10:00	123 cm						9:45	10:00	135 cm						9:45	10:00	2 m						
10:00	10:15	75 cm				10:00		10:15	75 cm							10:00	10:15	75 cm						10:00	10:15	75 cm						10:00	10:15	135 cm						10:00	10:15	2 m						
10:15	10:30	75 cm				10:15		10:30	75 cm							10:15	10:30	75 cm						10:15	10:30	75 cm						10:15	10:30	135 cm						10:15	10:30	2 m						
10:30	10:45	75 cm				10:30		10:45	75 cm							10:30	10:45	75 cm						10:30	10:45	75 cm						10:30	10:45	135 cm						10:30	10:45	2 m						
10:45	11:00	75 cm	AQUASEN IOR			10:45		11:00	75 cm							10:45	11:00	75 cm						10:45	11:00	75 cm						10:45	11:00	135 cm						10:45	11:00	2 m						
11:00	11:15	95 cm				11:00		11:15	95 cm							11:00	11:15	95 cm						11:00	11:15	95 cm						11:00	11:15	135 cm						11:00	11:15	135 cm						
11:15	11:30	95 cm				11:15		11:30	95 cm							11:15	11:30	95 cm						11:15	11:30	95 cm						11:15	11:30	135 cm						11:15	11:30	135 cm						
11:30	11:45	75 cm				11:30	11:45	75 cm							11:30	11:45	75 cm						11:30	11:45	75 cm						11:30	11:45	135 cm						11:30	11:45	135 cm							
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14:00	14:15	65 cm						14:00	14:15	65 cm						14:00	14:15	65 cm						14:00	14:15	65 cm						14:00	14:15	65 cm						14:00	14:15	135 cm						
14:15	14:30	65 cm						14:15	14:30	65 cm						14:15	14:30	65 cm						14:15	14:30	65 cm						14:15	14:30	65 cm						14:15	14:30	135 cm						
14:30	14:45	135 cm						14:30	14:45	65 cm						14:30	14:45	65 cm						14:30	14:45	65 cm						14:30	14:45	65 cm						14								

BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 9/11/2026					BEGIN - EIND		DINSdag 10/11/2026					BEGIN - EIND		WOENSDAG 11/11/2026					BEGIN - EIND		DONDERDAG 12/11/2026					BEGIN - EIND		VRIJDAG 13/11/2026					BEGIN - EIND		ZATERDAG 14/11/2026					BEGIN - EIND		ZONDAG 15/11/2026				
		BODEM	1	2	3	4			5	BODEM	1	2	3			4	5	BODEM	1	2			3	4	5	BODEM	1			2	3	4	5	BODEM			1	2	3	4	5			BODEM	1	2	3	4
8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						
8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						
8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						
8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						
9:00	9:15	123 cm						9:00	9:15	75 cm						9:00	9:15	135 cm						9:00	9:15	123 cm						9:00	9:15	55 cm						9:00	9:15	135 cm						
9:15	9:30	123 cm						9:15	9:30	75 cm						9:15	9:30	135 cm						9:15	9:30	123 cm						9:15	9:30	55 cm						9:15	9:30	135 cm						
9:30	9:45	123 cm						9:30	9:45	75 cm						9:30	9:45	135 cm						9:30	9:45	123 cm						9:30	9:45	65 cm						9:30	9:45	135 cm						
9:45	10:00	123 cm						9:45	10:00	75 cm						9:45	10:00	135 cm						9:45	10:00	123 cm						9:45	10:00	65 cm						9:45	10:00	135 cm						
10:00	10:15	123 cm						10:00	10:15	75 cm						10:00	10:15	135 cm						10:00	10:15	125 cm						10:00	10:15	65 cm						10:00	10:15	135 cm						
10:15	10:30	123 cm						10:15	10:30	75 cm						10:15	10:30	135 cm						10:15	10:30	125 cm						10:15	10:30	65 cm						10:15	10:30	135 cm						
10:30	10:45	123 cm						10:30	10:45	75 cm						10:30	10:45	135 cm						10:30	10:45	125 cm						10:30	10:45	65 cm						10:30	10:45	135 cm						
10:45	11:00	123 cm						10:45	11:00	75 cm						10:45	11:00	135 cm						10:45	11:00	125 cm						10:45	11:00	65 cm						10:45	11:00	135 cm						
11:00	11:15	123 cm						11:00	11:15	75 cm						11:00	11:15	135 cm						11:00	11:15	125 cm						11:00	11:15	65 cm						11:00	11:15	135 cm						
11:15	11:30	123 cm						11:15	11:30	75 cm						11:15	11:30	135 cm						11:15	11:30	125 cm						11:15	11:30	75 cm						11:15	11:30	135 cm						
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12:00	12:15	135 cm						12:00	12:15	120 cm						12:00	12:15	135 cm						12:00	12:15	125 cm						12:00	12:15	95 cm						12:00	12:15	135 cm						
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12:30	12:45	135 cm						12:30	12:45	120 cm						12:30	12:45	135 cm						12:30	12:45	125 cm						12:30	12:45	95 cm						12:30	12:45	135 cm						
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13:45	14:00	75 cm						13:45	14:00	75 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						
14:00	14:15	135 cm						14:00	14:15	75 cm						14:00	14:15	135 cm						14:00	14:15	135 cm						14:00	14:15	135 cm						14:00	14:15	135 cm						
14:15	14:30	135 cm						14:15	14:30	75 cm						14:15	14:30	135 cm						14:15	14:30	135 cm						14:15	14:30	135 cm						14:15	14:30	135 cm						
14:30	14:45	135 cm						14:30	14:45	135 cm						14:30	14:45	125 cm						14:30	14:45	135 cm																						

BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 16/11/2026					BEGIN - EIND		DINSdag 17/11/2026					BEGIN - EIND		WOENSDAG 18/11/2026					BEGIN - EIND		DONDERDAG 19/11/2026					BEGIN - EIND		VRIJDAG 20/11/2026					BEGIN - EIND		ZATERDAG 21/11/2026					BEGIN - EIND		ZONDAG 22/11/2026				
		BODEM	1	2	3	4			5	BODEM	1	2	3			4	5	BODEM	1	2			3	4	5	BODEM	1			2	3	4	5	BODEM			1	2	3	4	5			BODEM	1	2	3	4
8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						
8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						
8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						
8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						
9:00	9:15	123 cm						9:00	9:15	75 cm						9:00	9:15	75 cm						9:00	9:15	123 cm						9:00	9:15	55 cm						9:00	9:15	2 m						
9:15	9:30	123 cm						9:15	9:30	75 cm						9:15	9:30	75 cm						9:15	9:30	123 cm						9:15	9:30	55 cm						9:15	9:30	2 m						
9:30	9:45	123 cm						9:30	9:45	75 cm						9:30	9:45	75 cm						9:30	9:45	123 cm						9:30	9:45	65 cm						9:30	9:45	2 m						
9:45	10:00	123 cm						9:45	10:00	75 cm						9:45	10:00	75 cm						9:45	10:00	123 cm						9:45	10:00	65 cm						9:45	10:00	2 m						
10:00	10:15	123 cm						10:00	10:15	75 cm						10:00	10:15	75 cm						10:00	10:15	125 cm						10:00	10:15	65 cm						10:00	10:15	2 m						
10:15	10:30	123 cm						10:15	10:30	75 cm						10:15	10:30	75 cm						10:15	10:30	125 cm						10:15	10:30	65 cm						10:15	10:30	2 m						
10:30	10:45	123 cm						10:30	10:45	75 cm						10:30	10:45	100 cm						10:30	10:45	125 cm						10:30	10:45	65 cm						10:30	10:45	2 m						
10:45	11:00	123 cm						10:45	11:00	75 cm						10:45	11:00	100 cm						10:45	11:00	125 cm						10:45	11:00	65 cm						10:45	11:00	2 m						
11:00	11:15	123 cm						11:00	11:15	75 cm						11:00	11:15	100 cm						11:00	11:15	125 cm						11:00	11:15	65 cm						11:00	11:15	135 cm						
11:15	11:30	123 cm						11:15	11:30	75 cm						11:15	11:30	100 cm						11:15	11:30	125 cm						11:15	11:30	75 cm						11:15	11:30	135 cm						
11:30	11:45	135 cm						11:30	11:45	75 cm						11:30	11:45	135 cm						11:30	11:45	125 cm						11:30	11:45	75 cm						11:30	11:45	135 cm						
11:45	12:00	135 cm						11:45	12:00	135 cm						11:45	12:00	135 cm						11:45	12:00	125 cm						11:45	12:00	75 cm						11:45	12:00	135 cm						
12:00	12:15	135 cm						12:00	12:15	120 cm						12:00	12:15	135 cm						12:00	12:15	125 cm						12:00	12:15	95 cm						12:00	12:15	135 cm						
12:15	12:30	135 cm						12:15	12:30	120 cm						12:15	12:30	135 cm						12:15	12:30	125 cm						12:15	12:30	95 cm						12:15	12:30	135 cm						
12:30	12:45	135 cm						12:30	12:45	120 cm						12:30	12:45	135 cm						12:30	12:45	125 cm						12:30	12:45	95 cm						12:30	12:45	135 cm						
12:45	13:00	135 cm						12:45	13:00	120 cm						12:45	13:00	135 cm						12:45	13:00	125 cm						12:45	13:00	95 cm						12:45	13:00	135 cm						
13:00	13:15	75 cm						13:00	13:15	120 cm						13:00	13:15	135 cm						13:00	13:15	125 cm						13:00	13:15	95 cm						13:00	13:15	135 cm						
13:15	13:30	75 cm						13:15	13:30	120 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						
13:30	13:45	75 cm						13:30	13:45	75 cm						13:30	13:45	75 cm						13:30	13:45	135 cm						13:30	13:45	135 cm						13:30	13:45	135 cm						
13:45	14:00	75 cm						13:45	14:00	75 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						
14:00	14:15	135 cm						14:00	14:15	75 cm						14:00	14:15	65 cm						14:00	14:15	135 cm						14:00	14:15	135 cm						14:00	14:15	135 cm						
14:15	14:30	135 cm						14:15	14:30	75 cm						14:15	14:30	65 cm						14:15	14:30	135 cm						14:15	14:30	135 cm						14:15	14:30	135 cm						
14:30	14:45	135 cm						14:30	14:45	135 cm						14:30	14:45	65 cm						14:30	14:45	125 cm						14																

BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 23/11/2026					BEGIN - EIND		DINSdag 24/11/2026					BEGIN - EIND		WOENSDAG 25/11/2026					BEGIN - EIND		DONDERDAG 26/11/2026					BEGIN - EIND		VRIJDAG 27/11/2026					BEGIN - EIND		ZATERDAG 28/11/2026					BEGIN - EIND		ZONDAG 29/11/2026				
		BODEM	1	2	3	4			5	BODEM	1	2	3			4	5	BODEM	1	2			3	4	5	BODEM	1			2	3	4	5	BODEM			1	2	3	4	5			BODEM	1	2	3	4
8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						
8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						
8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						
8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						
9:00	9:15	123 cm						9:00	9:15	75 cm						9:00	9:15	75 cm						9:00	9:15	123 cm						9:00	9:15	55 cm						9:00	9:15	135 cm						
9:15	9:30	123 cm						9:15	9:30	75 cm						9:15	9:30	75 cm						9:15	9:30	123 cm						9:15	9:30	55 cm						9:15	9:30	135 cm						
9:30	9:45	123 cm						9:30	9:45	75 cm						9:30	9:45	75 cm						9:30	9:45	123 cm						9:30	9:45	65 cm						9:30	9:45	135 cm						
9:45	10:00	123 cm						9:45	10:00	75 cm						9:45	10:00	75 cm						9:45	10:00	123 cm						9:45	10:00	65 cm						9:45	10:00	135 cm						
10:00	10:15	123 cm						10:00	10:15	75 cm						10:00	10:15	75 cm						10:00	10:15	125 cm						10:00	10:15	65 cm						10:00	10:15	135 cm						
10:15	10:30	123 cm						10:15	10:30	75 cm						10:15	10:30	75 cm						10:15	10:30	125 cm						10:15	10:30	65 cm						10:15	10:30	135 cm						
10:30	10:45	123 cm						10:30	10:45	75 cm						10:30	10:45	75 cm						10:30	10:45	125 cm						10:30	10:45	65 cm						10:30	10:45	135 cm						
10:45	11:00	123 cm						10:45	11:00	75 cm						10:45	11:00	135 cm						10:45	11:00	125 cm						10:45	11:00	65 cm						10:45	11:00	135 cm						
11:00	11:15	123 cm						11:00	11:15	75 cm						11:00	11:15	135 cm						11:00	11:15	125 cm						11:00	11:15	65 cm						11:00	11:15	135 cm						
11:15	11:30	123 cm						11:15	11:30	75 cm						11:15	11:30	135 cm						11:15	11:30	125 cm						11:15	11:30	75 cm						11:15	11:30	135 cm						
11:30	11:45	135 cm						11:30	11:45	75 cm						11:30	11:45	135 cm						11:30	11:45	125 cm						11:30	11:45	75 cm						11:30	11:45	135 cm						
11:45	12:00	135 cm						11:45	12:00	75 cm						11:45	12:00	135 cm						11:45	12:00	125 cm						11:45	12:00	75 cm						11:45	12:00	135 cm						
12:00	12:15	135 cm						12:00	12:15	120 cm						12:00	12:15	135 cm						12:00	12:15	125 cm						12:00	12:15	95 cm						12:00	12:15	135 cm						
12:15	12:30	135 cm						12:15	12:30	120 cm						12:15	12:30	135 cm						12:15	12:30	125 cm						12:15	12:30	95 cm						12:15	12:30	135 cm						
12:30	12:45	135 cm						12:30	12:45	120 cm						12:30	12:45	135 cm						12:30	12:45	125 cm						12:30	12:45	95 cm						12:30	12:45	135 cm						
12:45	13:00	135 cm						12:45	13:00	120 cm						12:45	13:00	135 cm						12:45	13:00	125 cm						12:45	13:00	95 cm						12:45	13:00	135 cm						
13:00	13:15	75 cm						13:00	13:15	120 cm						13:00	13:15	135 cm						13:00	13:15	125 cm						13:00	13:15	95 cm						13:00	13:15	135 cm						
13:15	13:30	75 cm						13:15	13:30	120 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						
13:30	13:45	75 cm						13:30	13:45	75 cm						13:30	13:45	75 cm						13:30	13:45	135 cm						13:30	13:45	135 cm						13:30	13:45	135 cm						
13:45	14:00	75 cm						13:45	14:00	75 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						
14:00	14:15	135 cm						14:00	14:15	75 cm						14:00	14:15	65 cm						14:00	14:15	135 cm						14:00	14:15	135 cm						14:00	14:15	135 cm						
14:15	14:30	135 cm						14:15	14:30	75 cm						14:15	14:30	65 cm						14:15	14:30	135 cm						14:15	14:30	135 cm						14:15	14:30	135 cm						
14:30	14:45	135 cm						14:30	14:45	135 cm						14:30	14:45	65 cm						14:30	14:45	125 cm																						

BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 30/11/2026					BEGIN - EIND		DINSdag 1/12/2026					BEGIN - EIND		WOENSDAG 2/12/2026					BEGIN - EIND		DONDERDAG 3/12/2026					BEGIN - EIND		VRIJDAG 4/12/2026					BEGIN - EIND		ZATERDAG 5/12/2026					BEGIN - EIND		ZONDAG 6/12/2026				
		BODEM	1	2	3	4			5	BODEM	1	2	3			4	5	BODEM	1	2			3	4	5	BODEM	1			2	3	4	5	BODEM			1	2	3	4	5			BODEM	1	2	3	4
8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						
8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						
8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						
8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						
9:00	9:15	123 cm						9:00	9:15	75 cm						9:00	9:15	135 cm						9:00	9:15	123 cm						9:00	9:15	55 cm						9:00	9:15	135 cm						
9:15	9:30	123 cm						9:15	9:30	75 cm						9:15	9:30	135 cm						9:15	9:30	123 cm						9:15	9:30	55 cm						9:15	9:30	135 cm						
9:30	9:45	123 cm						9:30	9:45	75 cm						9:30	9:45	135 cm						9:30	9:45	123 cm						9:30	9:45	65 cm						9:30	9:45	135 cm						
9:45	10:00	123 cm						9:45	10:00	75 cm						9:45	10:00	135 cm						9:45	10:00	123 cm						9:45	10:00	65 cm						9:45	10:00	135 cm						
10:00	10:15	123 cm						10:00	10:15	75 cm						10:00	10:15	135 cm						10:00	10:15	125 cm						10:00	10:15	65 cm						10:00	10:15	135 cm						
10:15	10:30	123 cm						10:15	10:30	75 cm						10:15	10:30	135 cm						10:15	10:30	125 cm						10:15	10:30	65 cm						10:15	10:30	135 cm						
10:30	10:45	123 cm						10:30	10:45	75 cm						10:30	10:45	135 cm						10:30	10:45	125 cm						10:30	10:45	65 cm						10:30	10:45	135 cm						
10:45	11:00	123 cm						10:45	11:00	75 cm						10:45	11:00	135 cm						10:45	11:00	125 cm						10:45	11:00	65 cm						10:45	11:00	135 cm						
11:00	11:15	123 cm						11:00	11:15	75 cm						11:00	11:15	135 cm						11:00	11:15	125 cm						11:00	11:15	65 cm						11:00	11:15	135 cm						
11:15	11:30	123 cm						11:15	11:30	75 cm						11:15	11:30	135 cm						11:15	11:30	125 cm						11:15	11:30	75 cm						11:15	11:30	135 cm						
11:30	11:45	135 cm						11:30	11:45	75 cm						11:30	11:45	135 cm						11:30	11:45	125 cm						11:30	11:45	75 cm						11:30	11:45	135 cm						
11:45	12:00	135 cm						11:45	12:00	135 cm						11:45	12:00	135 cm						11:45	12:00	125 cm						11:45	12:00	75 cm						11:45	12:00	135 cm						
12:00	12:15	135 cm						12:00	12:15	120 cm						12:00	12:15	135 cm						12:00	12:15	125 cm						12:00	12:15	95 cm						12:00	12:15	135 cm						
12:15	12:30	135 cm						12:15	12:30	120 cm						12:15	12:30	135 cm						12:15	12:30	125 cm						12:15	12:30	95 cm						12:15	12:30	135 cm						
12:30	12:45	135 cm						12:30	12:45	120 cm						12:30	12:45	135 cm						12:30	12:45	125 cm						12:30	12:45	95 cm						12:30	12:45	135 cm						
12:45	13:00	135 cm						12:45	13:00	120 cm						12:45	13:00	135 cm						12:45	13:00	125 cm						12:45	13:00	95 cm						12:45	13:00	135 cm						
13:00	13:15	75 cm						13:00	13:15	120 cm						13:00	13:15	135 cm						13:00	13:15	125 cm						13:00	13:15	95 cm						13:00	13:15	135 cm						
13:15	13:30	75 cm						13:15	13:30	120 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						
13:30	13:45	75 cm						13:30	13:45	75 cm						13:30	13:45	75 cm						13:30	13:45	135 cm						13:30	13:45	135 cm						13:30	13:45	135 cm						
13:45	14:00	75 cm						13:45	14:00	75 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						
14:00	14:15	135 cm						14:00	14:15	75 cm						14:00	14:15	65 cm						14:00	14:15	135 cm						14:00	14:15	135 cm						14:00	14:15	135 cm						
14:15	14:30	135 cm						14:15	14:30	75 cm						14:15	14:30	65 cm						14:15	14:30	135 cm						14:15	14:30	135 cm						14:15	14:30	135 cm						
14:30	14:45	135 cm						14:30	14:45	135 cm						14:30	14:45	65 cm						14:30	14:45	125 cm			</																			

BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 7/12/2026					BEGIN - EIND		DINSDAG 8/12/2026					BEGIN - EIND		WOENSDAG 9/12/2026					BEGIN - EIND		DONDERDAG 10/12/2026					BEGIN - EIND		VRIJDAG 11/12/2026					BEGIN - EIND		ZATERDAG 12/12/2026					BEGIN - EIND		ZONDAG 13/12/2026				
		BODEM	1	2	3	4			5	BODEM	1	2	3			4	5	BODEM	1	2			3	4	5	BODEM	1			2	3	4	5	BODEM			1	2	3	4	5			BODEM	1	2	3	4
8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						
8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						
8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						
8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						
9:00	9:15	123 cm						9:00	9:15	75 cm						9:00	9:15	75 cm						9:00	9:15	123 cm						9:00	9:15	55 cm						9:00	9:15	135 cm						
9:15	9:30	123 cm						9:15	9:30	75 cm						9:15	9:30	75 cm						9:15	9:30	123 cm						9:15	9:30	55 cm						9:15	9:30	135 cm						
9:30	9:45	123 cm						9:30	9:45	75 cm						9:30	9:45	75 cm						9:30	9:45	123 cm						9:30	9:45	65 cm						9:30	9:45	135 cm						
9:45	10:00	123 cm						9:45	10:00	75 cm						9:45	10:00	75 cm						9:45	10:00	123 cm						9:45	10:00	65 cm						9:45	10:00	135 cm						
10:00	10:15	123 cm						10:00	10:15	75 cm						10:00	10:15	75 cm						10:00	10:15	125 cm						10:00	10:15	65 cm						10:00	10:15	135 cm						
10:15	10:30	123 cm						10:15	10:30	75 cm						10:15	10:30	75 cm						10:15	10:30	125 cm						10:15	10:30	65 cm						10:15	10:30	135 cm						
10:30	10:45	123 cm						10:30	10:45	75 cm						10:30	10:45	75 cm						10:30	10:45	125 cm						10:30	10:45	65 cm						10:30	10:45	135 cm						
10:45	11:00	123 cm						10:45	11:00	75 cm						10:45	11:00	135 cm						10:45	11:00	125 cm						10:45	11:00	65 cm						10:45	11:00	135 cm						
11:00	11:15	123 cm						11:00	11:15	75 cm						11:00	11:15	135 cm						11:00	11:15	125 cm						11:00	11:15	65 cm						11:00	11:15	135 cm						
11:15	11:30	123 cm						11:15	11:30	75 cm						11:15	11:30	135 cm						11:15	11:30	125 cm						11:15	11:30	75 cm						11:15	11:30	135 cm						
11:30	11:45	135 cm						11:30	11:45	75 cm						11:30	11:45	135 cm						11:30	11:45	125 cm						11:30	11:45	75 cm						11:30	11:45	135 cm						
11:45	12:00	135 cm						11:45	12:00	75 cm						11:45	12:00	135 cm						11:45	12:00	125 cm						11:45	12:00	75 cm						11:45	12:00	135 cm						
12:00	12:15	135 cm						12:00	12:15	120 cm						12:00	12:15	135 cm						12:00	12:15	125 cm						12:00	12:15	95 cm						12:00	12:15	135 cm						
12:15	12:30	135 cm						12:15	12:30	120 cm						12:15	12:30	135 cm						12:15	12:30	125 cm						12:15	12:30	95 cm						12:15	12:30	135 cm						
12:30	12:45	135 cm						12:30	12:45	120 cm						12:30	12:45	135 cm						12:30	12:45	125 cm						12:30	12:45	95 cm						12:30	12:45	135 cm						
12:45	13:00	135 cm						12:45	13:00	120 cm						12:45	13:00	135 cm						12:45	13:00	125 cm						12:45	13:00	95 cm						12:45	13:00	135 cm						
13:00	13:15	75 cm						13:00	13:15	120 cm						13:00	13:15	135 cm						13:00	13:15	125 cm						13:00	13:15	95 cm						13:00	13:15	135 cm						
13:15	13:30	75 cm						13:15	13:30	120 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						13:15	13:30	135 cm						
13:30	13:45	75 cm						13:30	13:45	75 cm						13:30	13:45	75 cm						13:30	13:45	135 cm						13:30	13:45	135 cm						13:30	13:45	135 cm						
13:45	14:00	75 cm						13:45	14:00	75 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						13:45	14:00	135 cm						
14:00	14:15	135 cm						14:00	14:15	75 cm						14:00	14:15	65 cm						14:00	14:15	75 cm						14:00	14:15	135 cm						14:00	14:15	135 cm						
14:15	14:30	135 cm						14:15	14:30	75 cm						14:15	14:30	65 cm						14:15	14:30	75 cm						14:15	14:30	135 cm						14:15	14:30	135 cm						
14:30	14:45	135 cm						14:30	14:45	135 cm						14:30	14:45	65 cm						14:30	14:45	125 cm				</																		

BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 14/12/2026					BEGIN - EIND		DINSdag 15/12/2026					BEGIN - EIND		WOENSDAG 16/12/2026					BEGIN - EIND		DONDERDAG 17/12/2026					BEGIN - EIND		VRIJDAG 18/12/2026					BEGIN - EIND		ZATERDAG 19/12/2026					BEGIN - EIND		ZONDAG 20/12/2026				
		BODEM	1	2	3	4			5	BODEM	1	2	3			4	5	BODEM	1	2			3	4	5	BODEM	1			2	3	4	5	BODEM			1	2	3	4	5			BODEM	1	2	3	4
8:00	8:15	123 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						8:00	8:15	135 cm						
8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						8:15	8:30	123 cm						8:15	8:30	135 cm						8:15	8:30	135 cm						
8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	135 cm						8:30	8:45	123 cm						8:30	8:45	135 cm						8:30	8:45	2 m						
8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	135 cm						8:45	9:00	123 cm						8:45	9:00	135 cm						8:45	9:00	2 m						
9:00	9:15	123 cm						9:00	9:15	75 cm						9:00	9:15	75 cm						9:00	9:15	123 cm						9:00	9:15	135 cm						9:00	9:15	2 m						
9:15	9:30	123 cm						9:15	9:30	75 cm						9:15	9:30	75 cm						9:15	9:30	123 cm						9:15	9:30	135 cm						9:15	9:30	2 m						
9:30	9:45	123 cm						9:30	9:45	75 cm						9:30	9:45	75 cm						9:30	9:45	123 cm						9:30	9:45	135 cm						9:30	9:45	2 m						
9:45	10:00	123 cm						9:45	10:00	75 cm						9:45	10:00	75 cm						9:45	10:00	123 cm						9:45	10:00	135 cm						9:45	10:00	2 m						
10:00	10:15	123 cm						10:00	10:15	75 cm						10:00	10:15	75 cm						10:00	10:15	125 cm						10:00	10:15	135 cm						10:00	10:15	65 cm						
10:15	10:30	123 cm						10:15	10:30	75 cm						10:15	10:30	75 cm						10:15	10:30	125 cm						10:15	10:30	135 cm						10:15	10:30	65 cm						
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