

| Trainingsrooster | | | | | 2020 | / | 2021 | | | | | |
|------------------|---------------------------|---------------------------|---------------------------|----------------------------|------------------------------|----------------------------|--------------------------|------------------------------|---------------------------|---------------------------|----------------------------|----------------------------|
| | Renkum Maandag Rma1 | Renkum Maandag Rma2 | Renkum Maandag Rma3 | Wolfheze Maandag Wma | Oosterbeek Maandag Oma | Wolfheze Dinsdag Wdi | Renkum Dinsdag Rdi | Oosterbeek Dinsdag Odi | Renkum Woensdag Rw1 | Renkum Woensdag Rw2 | Renkum Donderdag Rd1 | Renkum Donderdag Rd2 |
| Lescode > | | | | | | | | | | | | |
| Lestijd > | 14.30-15.30 | 16.00-17.00 | 18.30-19.30 | 9.00-10.00 | 11.30-12.30 | 9.00-10.00 | 19.30-20.30 | 20.00-21.00 | 19.00-20.00 | 20.00-21.00 | 9.30-10.30 | 10.30-11.30 |
| Plaats > | Doelum Sporthal | Doelum Sporthal | Doelum Sporthal | Balijeweg Gymzaal | Dennenborg Gymzaal | Balijeweg Gymzaal | Doelum Gymzaal | Dennenborg Gymzaal | Doelum Gymzaal | Doelum Gymzaal | Doelum Sporthal | Doelum Sporthal |
| Trainer > | Herman Smeenck | Herman Smeenck | Herman Smeenck | Helma Bod | Wil Gulpers | Helma Bod | Helma Bod | Herman Smeenck | Wil Gulpers | Wil Gulpers | Wil Gulpers | Wil Gulpers |
| Week | ZOMERVAKANTIE | | | | | | | | | | | |
| 35 | 31-aug | 31-aug | 31-aug | 31-aug | 31-aug | 1-sep | 1-sep | 1-sep | 2-sep | 2-sep | 3-sep | 3-sep |
| 36 | 7-sep | 7-sep | 7-sep | 7-sep | 7-sep | 8-sep | 8-sep | 8-sep | 9-sep | 9-sep | 10-sep | 10-sep |
| 37 | 14-sep | 14-sep | 14-sep | 14-sep | 14-sep | 15-sep | 15-sep | 15-sep | 16-sep | 16-sep | 17-sep | 17-sep |
| 38 | 21-sep | 21-sep | 21-sep | 21-sep | 21-sep | 22-sep | 22-sep | 22-sep | 23-sep | 23-sep | 24-sep | 24-sep |
| 39 | 28-sep | 28-sep | 28-sep | 28-sep | 28-sep | 29-sep | 29-sep | 29-sep | 30-sep | 30-sep | 1-okt | 1-okt |
| 40 | 5-okt | 5-okt | 5-okt | 5-okt | 5-okt | 6-okt | 6-okt | 6-okt | 7-okt | 7-okt | 8-okt | 8-okt |
| 41 | 12-okt | 12-okt | 12-okt | 12-okt | 12-okt | 13-okt | 13-okt | 13-okt | 14-okt | 14-okt | 15-okt | 15-okt |
| 42 | HERFSTVAKANTIE | | | | | | | | | | | |
| 43 | 26-okt | 26-okt | 26-okt | 26-okt | 26-okt | 27-okt | 27-okt | 27-okt | 28-okt | 28-okt | 29-okt | 29-okt |
| 44 | 2-nov | 2-nov | 2-nov | 2-nov | 2-nov | 3-nov | 3-nov | 3-nov | 4-nov | 4-nov | 5-nov | 5-nov |
| 45 | 9-nov | 9-nov | 9-nov | 9-nov | 9-nov | 10-nov | 10-nov | 10-nov | 11-nov | 11-nov | 12-nov | 12-nov |
| 46 | 16-nov | 16-nov | 16-nov | 16-nov | 16-nov | 17-nov | 17-nov | 17-nov | 18-nov | 18-nov | 19-nov | 19-nov |
| 47 | 23-nov | 23-nov | 23-nov | 23-nov | 23-nov | 24-nov | 24-nov | 24-nov | 25-nov | 25-nov | 26-nov | 26-nov |
| 48 | 30-nov | 30-nov | 30-nov | 30-nov | 30-nov | 1-dec | 1-dec | 1-dec | 2-dec | 2-dec | 3-dec | 3-dec |
| 49 | 7-dec | 7-dec | 7-dec | 7-dec | 7-dec | 8-dec | 8-dec | 8-dec | 9-dec | 9-dec | 10-dec | 10-dec |
| 50 | 14-dec | 14-dec | 14-dec | 14-dec | 14-dec | 15-dec | 15-dec | 15-dec | 16-dec | 16-dec | 17-dec | 17-dec |
| 51 | KERSTVAKANTIE | | | | | | | | | | | |
| 52 | KERSTVAKANTIE | | | | | | | | | | | |
| 1 | 4-jan | 4-jan | 4-jan | 4-jan | 4-jan | 5-jan | 5-jan | 5-jan | 6-jan | 6-jan | 7-jan | 7-jan |
| 2 | 11-jan | 11-jan | 11-jan | 11-jan | 11-jan | 12-jan | 12-jan | 12-jan | 13-jan | 13-jan | 14-jan | 14-jan |
| 3 | 18-jan | 18-jan | 18-jan | 18-jan | 18-jan | 19-jan | 19-jan | 19-jan | 20-jan | 20-jan | 21-jan | 21-jan |
| 4 | 25-jan | 25-jan | 25-jan | 25-jan | 25-jan | 26-jan | 26-jan | 26-jan | 27-jan | 27-jan | 28-jan | 28-jan |
| 5 | 1-feb | 1-feb | 1-feb | 1-feb | 1-feb | 2-feb | 2-feb | 2-feb | 3-feb | 3-feb | 4-feb | 4-feb |
| 6 | VOORJAARSAKANTIE | | | | | | | | | | | |
| 7 | 15-feb | 15-feb | 15-feb | 15-feb | 15-feb | 16-feb | 16-feb | 16-feb | 17-feb | 17-feb | 18-feb | 18-feb |
| 8 | 22-feb | 22-feb | 22-feb | 22-feb | 22-feb | 23-feb | 23-feb | 23-feb | 24-feb | 24-feb | 25-feb | 25-feb |
| 9 | 1-mrt | 1-mrt | 1-mrt | 1-mrt | 1-mrt | 2-mrt | 2-mrt | 2-mrt | 3-mrt | 3-mrt | 4-mrt | 4-mrt |
| 10 | 8-mrt | 8-mrt | 8-mrt | 8-mrt | 8-mrt | 9-mrt | 9-mrt | 9-mrt | 10-mrt | 10-mrt | 11-mrt | 11-mrt |
| 11 | 15-mrt | 15-mrt | 15-mrt | 15-mrt | 15-mrt | 16-mrt | 16-mrt | 16-mrt | 17-mrt | 17-mrt | 18-mrt | 18-mrt |
| 12 | 22-mrt | 22-mrt | 22-mrt | 22-mrt | 22-mrt | 23-mrt | 23-mrt | 23-mrt | 24-mrt | 24-mrt | 25-mrt | 25-mrt |
| 13 | 29-mrt | 29-mrt | 29-mrt | 29-mrt | 29-mrt | 30-mrt | 30-mrt | 30-mrt | 31-mrt | 31-mrt | 1-apr | 1-apr |
| 14 | 5-apr | 5-apr | 5-apr | 5-apr | 5-apr | 6-apr | 6-apr | 6-apr | 7-apr | 7-apr | 8-apr | 8-apr |
| 15 | 12-apr | 12-apr | 12-apr | 12-apr | 12-apr | 13-apr | 13-apr | 13-apr | 14-apr | 14-apr | 15-apr | 15-apr |
| 16 | 19-apr | 19-apr | 19-apr | 19-apr | 19-apr | 20-apr | 20-apr | 20-apr | 21-apr | 21-apr | 22-apr | 22-apr |
| 17 | MEIVAKANTIE | | | | | | | | | | | |
| 18 | 3-mei | 3-mei | 3-mei | 3-mei | 3-mei | 4-mei | 4-mei | 4-mei | 5-mei | 5-mei | 6-mei | 6-mei |
| 19 | 10-mei | 10-mei | 10-mei | 10-mei | 10-mei | 11-mei | 11-mei | 11-mei | 12-mei | 12-mei | HEMELVAARTSDAG | |
| 20 | 17-mei | 17-mei | 17-mei | 17-mei | 17-mei | 18-mei | 18-mei | 18-mei | 19-mei | 19-mei | 20-mei | 20-mei |
| 21 | 2e PINKSTERDAG | | | | | 25-mei | 25-mei | 25-mei | 26-mei | 26-mei | 27-mei | 27-mei |
| 22 | 31-mei | 31-mei | 31-mei | 31-mei | 31-mei | 1-jun | 1-jun | 1-jun | 2-jun | 2-jun | 3-jun | 3-jun |
| 23 | 7-jun | 7-jun | 7-jun | 7-jun | 7-jun | 8-jun | 8-jun | 8-jun | 9-jun | 9-jun | 10-jun | 10-jun |
| 24 | 14-jun | 14-jun | 14-jun | 14-jun | 14-jun | 15-jun | 15-jun | 15-jun | 16-jun | 16-jun | 17-jun | 17-jun |
| 25 | 21-jun | 21-jun | 21-jun | 21-jun | 21-jun | 22-jun | 22-jun | 22-jun | 23-jun | 23-jun | 24-jun | 24-jun |
| 26 | 28-jun | 28-jun | 28-jun | 28-jun | 28-jun | 29-jun | 29-jun | 29-jun | 30-jun | 30-jun | 1-jul | 1-jul |
| 27 | ZOMERVAKANTIE | | | | | | | | | | | |