

| Maandag | | Dinsdag | | Woensdag | | Donderdag | | Vrijdag | |
|-------------------------------|----------------|---------------|----------------------------|---------------|----------------|--------------------------------|----------------------------|--------------------------------|------------------------|
| 17.15 – 20.15 17.00– 18.30 | Keepers MC2 | | | 16.15 – 17.15 | F'jes & E'tjes | | | 16.15 – 17.15 | F'jes & Funkeys |
| 18.45 – 20.15 | MB2 | 17.00 – 18.30 | MC1 & JB1 | 17.15 – 18.45 | MC2 | 17.00 – 18.30 | MC1 & JB1 | 17.15 – 18.15 | E'tjes |
| 20.15 – 21.45 | Trimmers | 18.45 – 20.15 | MA1, Dames & Jong Dames | 19.00 – 20.30 | MB1 & MB2 | 18.45 – 20.15 | MA1, Dames & Jong Dames | 18.30 – 20.00 | MB1 |
| | | 20.30 – 22.00 | Heren | | | 20.30 – 22.00 (20.15-21.45) | Heren (Tarrels) | 20.00 – 21.30 19.00 – 20.00 | Veteranen Trimsters |

Maandag:

Keepers: Lilian, Sterre & Sanne

MC2: Onno, & Maureen

MB2: Onno

Trimmers: Onno

Dinsdag:

MC1: Meike en Renée

JB1: Onno

MA1: Siep

Dames: Onno

Jong Dames: Daniël

Heren:

Woensdag :

F'jes: Femke, Sven, Jinte & Maureen (Onno)

E'tjes: Meike & Renée (Onno)

MC2: Onno, Jinte & Maureen

MB1: Onno

MB2: Meike en Renée

Donderdag:

MC1: Meike en Renée

JB1: Onno

MA1: Siep

Dames: Daniël

Jong Dames: Onno

Heren:

Vrijdag:

Funkeys: Maureen & Jinte

F'jes: Femke, Sven, Onno

E'tjes: Femke Sven, Jinte, Onno

MB1: Onno

Veteranen: Onno

Trimsters: Jacob