Trainingsuren: seizoen 2020-2021

| Maandag | | | Dinsdag | | | Woensdag | | | Donderdag | | Vrijdag | | | | | Zondag | | |
|---------|--------|---------------|--------------|------------------------------|-----------------|-----------------|--------------------------------|---------------|-----------|--------|----------|-------------|-----------|-----------------|---------------|---------------|----------|----------|
| Zolder | Zolder | | Zolder | Zolder | Heusden Hal 2 | Zolder | Zolder | | Zolder | Zolder | SFC | Zolder | Zolder | Berkenbos | Heusden | | Zolder | Zolder |
| Hal 1 | Hal 2 | | Hal 1 | Hal 2 | | Hal 1 | Hal 2 | | Hal 1 | Hal 2 | Heusden | Hal 1 | Hal 2 | Hal 1 | Hal 1 | | Hal 1 | Hal 2 |
| | | 10:00 - 10:30 | | | | | | 10:00 - 10:30 | | | | | | | | 10:00 - 10:30 | | |
| | | 10:30 - 11:00 | | | | | | 10:30 - 11:00 | | | | | | | | 10:30 - 11:00 | | 1 |
| | | 11:00 - 11:30 | | | | | 11:00 - 11:30 | | | | | | | | 11:00 - 11:30 | | 1 | |
| | | 11:30 - 12:00 | | | | | | 11:30 - 12:00 | | | | | | | | 11:30 - 12:00 | G-basket | 1 |
| | | 12:00 - 12:30 | | | | | 12:00 - 12:30 12:30 - 13:00 | | | | | | | | | 12:00 - 12:30 | | |
| | | 12:30 - 13:00 | | | | | | | | | | | | | | 12:30 - 13:00 | | G-basket |
| | | 13:00 - 13:30 | | | | | | 13:00 - 13:30 | | | | | | | | 13:00 - 13:30 | | |
| | | 13:30 - 14:00 | | | | | | 13:30 - 14:00 | | | | | | | | 13:30 - 14:00 | | |
| | | 14:00 - 14:30 | | | | | | 14:00 - 14:30 | | | | | | | | 14:00 - 14:30 | | |
| | | 14:30 - 15:00 | | | | G-Basket | | 14:30 - 15:00 | | | | | | | | 14:30 - 15:00 | | |
| | | 15:00 - 15:30 | | | | | | 15:00 - 15:30 | | | | | | | | 15:00 - 15:30 | | |
| | | 15:30 - 16:00 | | | | | | 15:30 - 16:00 | | | | | | | | 15:30 - 16:00 | | |
| | | 16:00 - 16:30 | | | | | | 16:00 - 16:30 | | | | | | | | 16:00 - 16:30 | | |
| | | 16:30 - 17:00 | | | | | | 16:30 - 17:00 | | | | | | | | 16:30 - 17:00 | | |
| | U10 | 17:00 - 17:30 | | | | | | 17:00 - 17:30 | | | | | | | | 17:00 - 17:30 | | |
| | | 17:30 - 18:00 | | | | U10 | | 17:30 - 18:00 | U14B | | | | | | | 17:30 - 18:00 | | |
| U12 | | 18:00 - 18:30 | | | (18u15 - 19u45) | U16 | | 18:00 - 18:30 | U14A | | | LU16 | | | | 18:00 - 18:30 | | |
| | | 18:30 - 19:00 | - | | U14A | | U12 | 18:30 - 19:00 | | | | | | | LU18 | 18:30 - 19:00 | | |
| | | 19:00 - 19:30 | | | | | | 19:00 - 19:30 | | | | | | | | 19:00 - 19:30 | | |
| LU16 | U14B | 19:30 - 20:00 | Heren | Heren AB/LU18/LU16 Heren F/Z | | | | 19:30 - 20:00 | | | | | | | | 19:30 - 20:00 | | |
| | | 20:00 - 20:30 | AB/LU18/LU16 | | | | | 20:00 - 20:30 | | U16 | G-Basket | Heren C/E | Heren F/Z | | | 20:00 - 20:30 | | |
| LU18 | Dames | 20:30 - 21:00 | | | | Heren C/E (F/Z) | | 20:30 - 21:00 | Heren A/B | | | | | Heren C/E bij | | 20:30 - 21:00 | | |
| | | 21:00 - 21:30 | | | | | , | 21:00 - 21:30 | | | | | | games dames | | 21:00 - 21:30 | | |
| | | 21:30 - 22:00 | | | | | | 21:30 - 22:00 | | | | Games Dames | | (20h30 - 22h00) | | 21:30 - 22:00 | , | |
| | | 22:00 - 22:30 | | | | | 22:00 - 22:30 | Heren D | | | | | | | 22:00 - 22:30 | | | |
| | | 22:30 - 23:00 | | | | | | 22:30 - 23:00 | | | | · · | | | | 22:30 - 23:00 | | |
| | | 23:00 - 23:30 | | | | | 1 | 23:00 - 23:30 | | | | | | | 1 | 23:00 - 23:30 | | |