

| VR | Grasveld 2A | Grasveld 2B | VR | Kunstgras 3A | Kunstgras 3B | VR | Kunstgras 6A | Kunstgras 6B | VR |
|-------|-----------------|-------------|-------|--------------|--------------|-------|----------------------------------|--------------|-------|
| 16:00 | | | 16:00 | BSO BSO BSO | | 16:00 | | | 16:00 |
| 30 | | | 30 | | | 30 | | | 30 |
| 17:00 | | | 17:00 | F6 (5L) | F7 (5R) | 17:00 | KEEPERSTRAINING GROEP 1 (6 en 7) | | 17:00 |
| 30 | E15 E22 E23 (4) | F8 (4L) | 30 | | D8 (8) | 30 | | | 30 |
| 18:00 | | | 18:00 | MC1 (9) | D4 (4) | 18:00 | KEEPERSTRAINING GROEP 2 (6 en 7) | | 18:00 |
| 30 | | | 30 | | | 30 | | | 30 |
| 19:00 | E3 E5 E21 (8) | | 19:00 | H5 (5) | H3 (3) | 19:00 | KEEPERSTRAINING GROEP 3 (6 en 7) | | 19:00 |
| 30 | | | 30 | | | 30 | | | 30 |
| 20:00 | H1 (1) | | 20:00 | | | 20:00 | H2 (2) | H4 (4) | 20:00 |
| 30 | | | 30 | H1 (1) | | 30 | | | 30 |
| 21:00 | | | 21:00 | | | 21:00 | | | 21:00 |
| 30 | | | 30 | | | 30 | | | 30 |
| 22:00 | 2011 | | 22:00 | VRIJDAG | | 22:00 | 2012 | | 22:00 |