

	Breakfast and dinner shifts
Dinner Friday	
Time	Who /sport
17:00-18:00	Squash
	Volleyball
	Tennis
	Basketball
	- Amsterdam
	- Delft
	- Den Haag
18:00-19:00	- Eindhoven
	- Groningen
	- Maastricht
	Chess
	Badminton
	Football
	Basketball
19:00-20:00	- Nijmegen
	- Rotterdam
	- Tilburg
	- Wageningen
	BJJ
	Fencing
	Futsal
Breakfast Saturday	Handball
	Lacrosse
Time	Who /sport
6:30-7:00	Volleybal
	- Nijmegen Female
	- Groningen
	- Leiden Female
	- Den Haag Female
	- Eindhoven Male
	- Amsterdam Team 2
7:00-7:30	- Utrecht Male
	Basketball
	- Amsterdam
	- Delft
	- Eindhoven
	- Groningen
	Volleyball
7:00-7:30	- Wagenigen
	- Eindhoven Female
	- Amsterdam
	- Maastricht
	- Utrecht Female
	- Nijmegen Male
	- Delft Male
	- Den Haag Male
	- Leiden Male
	- Vlissingen Male
	- Rotterdam Male
	- Enschede

	Basketball - Maastricht - Rotterdam - Tilburg - Wagenigen
7:30-8:00	Fencing Futsal Badminton
8:00-8:30	Handball Squash Tennis OSSO's
8:30-9:00	Chess Football Lacrosse Pole dancing BJJ
Dinner Saturday	
Time	Who / sport
17:00-18:00	BJJ Chess Handball Lacrosse Pole dancing Tennis OSSO's
18:00-19:00	Fencing Football Futsal Badminton
19:00-20:00	Volleyball Squash Basketball
Breakfast Sunday	
Time	Who / sport
6:30-7:00	Volleyball - Nijmegen Female - Groningen Female - Leiden Female - Den Haag Female - Utrecht Male - Eindhoven Male - Amsterdam Team 2 - Groningen Male Basketball - Amsterdam - Delft - Eindhoven - Groningen BJJ

7:00-7:30	Volleyball - Wagenigen - Eindhoven Female - Amsterdam - Maastricht - Utrecht Female - Nijmegen Male - Delft Man - Enschede Male - Leiden Man - Vlissingen Male - Rotterdam Male
	Basketball - Maastricht - Rotterdam - Tilburg - Wageningen
7:30-8:00	Fencing
	Futsal
	Badminton
8:00-8:30	Handball
	Squash
	Tennis
	OSSO's
8:30-9:00	Chess
	Football
	Lacrosse
	Pole dancing