

Vinter Træning fra Uge 1 2025

Version 2	Kunst			Hal 1 (Store Hal)	Hal 2 (Lille hal)
Mandag			Fredag		
16:00 - 16:30	X	X	16:00 - 17:00		
16:30 - 17:00			17:00 - 18:00	U12/13-drenge	
17:00 - 17:30			18:00 - 19:00	U15-piger	
17:30 - 18:00	X	X	Lørdag		
18:00 - 18:30			08:00 - 09:00	U8/9/10-piger	
18:30 - 19:00			09:00 - 10:00	U9-drenge	
19:00 - 19:30	Damesenior	Oldboys/Veteran	10:00 - 11:00	U11-drenge	
19:30 - 20:00			11:00 - 12:00		
20:00 - 20:30			12:00 - 13:00		
20:30 - 21:00					
21:00 - 21:30					
21:30 - 22:00					

Tirsdag		
16:00 - 16:30	U7/8/9-drenge U10-drenge	U14/15-drenge
16:30 - 17:00		
17:00 - 17:30		
17:30 - 18:00	X	X
18:00 - 18:30		
18:30 - 19:00		
19:00 - 19:30	X	X
19:30 - 20:00		
20:00 - 20:30		
20:30 - 21:00	Herresenior U19-drenge	
21:00 - 21:30		
21:30 - 22:00		

Onsdag		
16:00 - 16:30	U11-drenge	
16:30 - 17:00		
17:00 - 17:30		
17:30 - 18:00	U15-piger	
18:00 - 18:30		
18:30 - 19:00		
19:00 - 19:30	X	X
19:30 - 20:00		
20:00 - 20:30		
20:30 - 21:00	X	X
21:00 - 21:30		
21:30 - 22:00		

Torsdag		
16:00 - 16:30	U12/13-drenge	U14/15-drenge
16:30 - 17:00		
17:00 - 17:30		
17:30 - 18:00	Herresenior U19-drenge	
18:00 - 18:30		
18:30 - 19:00		
19:00 - 19:30	X	X
19:30 - 20:00		
20:00 - 20:30		
20:30 - 21:00	X	X
21:00 - 21:30		
21:30 - 22:00		