

Vinter Træning fra Uge 43 2025 - 31-12-2025						
Version 3		Kunst			Hal 1 (Store Hal)	Hal 2 (Lille hal)
Mandag			Fredag			
19:00 - 19:30	U16 P	Dame Senior	16:00 - 17:00	U10 D		
19:30 - 20:00			17:00 - 18:00	U16 P		
20:00 - 20:30			18:00 - 19:00	U13/14 D		
20:30 - 21:00	Herre Senior	Oldboys/Veteraner	19:00 - 20:00			
21:00 - 21:30			Lørdag			
21:30 - 22:00			08:00 - 09:00			
Tirsdag			09:00 - 10:00	U8-11 P		
16:00 - 16:30	U8 D		10:00 - 11:00	U11 D		
16:30 - 17:00			11:00 - 12:00	U12 D		
17:00 - 17:30			12:00 - 13:00			
17:30 - 18:00	U13/14 D	U8-11 P				
18:00 - 18:30						
18:30 - 19:00						
Onsdag						
16:00 - 16:30	U9 D	U10 D				
16:30 - 17:00						
17:00 - 17:30						
17:30 - 18:00	U11 D	U12 D				
18:00 - 18:30						
18:30 - 19:00						
Torsdag						
16:00 - 16:30						
16:30 - 17:00						
17:00 - 17:30						