

Vinter Træning fra Uge 43 - 2026

Version 1	Kunst			Hal 1 (Store Hal)	Hal 2 (Lille hal)
Mandag			Fredag		
19:00 - 19:30	Oldboys/veteran	Dame Senior	15:30 - 16:30	U6/7/8 P	
19:30 - 20:00			16:30 - 17:30	U8D	
20:00 - 20:30			17:30 - 18:30	U13+U14/15D	
20:30 - 21:00	Herre Senior		Lørdag		
21:00 - 21:30			08:00 - 09:00	Oldboys/veteran	
21:30 - 22:00			09:00 - 10:00	U9/10 + U11/12 P	
Tirsdag			10:00 - 11:00	U12D	
16:00 - 16:30	U11 D	U11/12 P	11:00 - 12:00		
16:30 - 17:00			12:00 - 13:00		
17:00 - 17:30					
17:30 - 18:00	U13+U14/15D				
18:00 - 18:30					
18:30 - 19:00					
Onsdag					
-					
Torsdag					
16:00 - 16:30		U9 D			
16:30 - 17:00	U7D				
17:00 - 17:30					
Fredag					
-					
Lørdag					
12:00 - 12:30					
12:30 - 13:00					
13:00 - 13:30					
13:30 - 14:00					
14:00 - 14:30					
14:30 - 15:00					
15:00 - 15:30					
15:30 - 16:00					