

Baneplan



Træningstider Vinter 24/25

MANDAG

Kunst	Bane 1.1	Bane 1.2	Bane 1.3	Bane 1.4	Lysbane	Minikunst/multibane
16:00-16:30						
16:30-17:00						
17:00-17:30	U10 Dreng	U11 Dreng	U12 Dreng	U12 Dreng	U8/9 Dreng	U7 Dreng
17:30-18:00	U10 Dreng	U11 Dreng	U12 Dreng	U12 Dreng	U8/9 Dreng	U7 Dreng
18:00-18:30	U10 Dreng	U11 Dreng	U12 Dreng	U12 Dreng	U8/9 Dreng	U7 Dreng
18:30-19:00	Dame Senior	Dame Senior	U14 Dreng	U14 Dreng		
19:00-19:30	Dame Senior	Dame Senior	U14 Dreng	U14 Dreng		
19:30-20:00	Dame Senior	Dame Senior	U14 Dreng	U14 Dreng		
20:00-20:30	Senior 5	Senior 6				
20:30-21:00	Senior 5	Senior 6				
21:00-21:30	Senior 5	Senior 6				
21:30-22:00						
22:00-22:30						

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Tirsdag

Kunst	Bane 1.1	Bane 1.2	Bane 1.3	Bane 1.4	Lysbane	Minikunst
16:00-16:30						
16:30-17:00	IH Aalborg					
17:00-17:30	IH Aalborg	U13 drenge	U15 Drenge	U15 Drenge		
17:30-18:00	IH Aalborg	U13 Drenge	U15 Drenge	U15 Drenge		
18:00-18:30		U13 Drenge	U15 Drenge	U15 Drenge		
18:30-19:00	Senior 1	Senior 1	Senior 2+U19	Senior 2+U19		
19:00-19:30	Senior 1	Senior 1	Senior 2+U19	Senior 2+U19		
19:30-20:00	Senior 1	Senior 1	Senior 2+U19	Senior 2+U19		
20:00-20:30	Senior 4		Senior 3			
20:30-21:00	Senior 4		Senior 3			
21:00-21:30	Senior 4		Senior 3			
21:30-22:00						
22:00-22:30						

Træningstider Vinter 24/25

Onsdag

Kunst	Bane 1.1	Bane 1.2	Bane 1.3	Bane 1.4	Lysbane	Minikunst
16:00-16:30						
16:30-17:00						
17:00-17:30	U11/12 Piger	U8/9 Dreng	U10 Dreng	U11 Dreng		U5/6
17:30-18:00	U11/12 Piger	U8/9 Dreng	U10 Dreng	U11 Dreng		U5/6
18:00-18:30	U11/12 Piger	U8/9 Dreng	U10 Dreng	U11 Dreng		U5/6
18:30-19:00			Dame Senior	Dame Senior		
19:00-19:30			Dame Senior	Dame Senior		
19:30-20:00			Dame Senior	Dame Senior		
20:00-20:30	Senior 5	Senior 5	Senior 6	Senior 6		
20:30-21:00	Senior 5	Senior 5	Senior 6	Senior 6		
21:00-21:30	Senior 5	Senior 5	Senior 6	Senior 6		
21:30-22:00						
22:00-22:30						

Træningstider Vinter 24/25

Torsdag

Kunst	Bane 1.1	Bane 1.2	Bane 1.3	Bane 1.4	Lysbane	Minikunst
16:00-16:30						
16:30-17:00						
17:00-17:30	U13 Dreng	U14 Dreng	U15 Dreng	U15 Dreng		
17:30-18:00	U13 Dreng	U14 Dreng	U15 Dreng	U15 Dreng		
18:00-18:30	U13 Dreng	U14 Dreng	U15 Dreng	U15 Dreng		
18:30-19:00	Senior 1	Senior 1	Senior 2+3	Senior 2+3	U19 Dreng	
19:00-19:30	Senior 1	Senior 1	Senior 2+3	Senior 2+3	U19 Dreng	
19:30-20:00	Senior 1	Senior 1	Senior 2+3	Senior 2+3	U19 Dreng	
20:00-20:30	Senior 4		+32	Old Boys		
20:30-21:00	Senior 4		+32	Old Boys		
21:00-21:30	Senior 4		+32	Old Boys		
21:30-22:00						
22:00-22:30						

Træningstider Vinter 24/25

Fredag

Kunst	Bane 1.1	Bane 1.2	Bane 1.3	Bane 1.4	Lysbane
16:00-16:30					
16:30-17:00	U12 Dreng	U12 Dreng			
17:00-17:30	U12 Dreng	U12 Dreng			
17:30-18:00	U12 Dreng	U12 Dreng			
18:00-18:30					
18:30-19:00					
19:00-19:30					
19:30-20:00					
20:00-20:30					
20:30-21:00					
21:00-21:30					
21:30-22:00					
22:00-22:30					