

Træningstider Efterår 2020

MANDAG

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	U12 Piger	U12	U13	U14		U7
17:30-18:00	U12 Piger	U12	U13	U14		U7
18:00-18:30	U12 Piger	U12	U13	U14		U7
18:30-19:00	Senior 6	Senior 7	Senior 8	Senior 8		
19:00-19:30	Senior 6	Senior 7	Senior 8	Senior 8		
19:30-20:00	Senior 6	Senior 7	Senior 8	Senior 8		
20:00-20:30						
20:30-21:00						
21:00-21:30						
21:30-22:00						
22:00-22:30						

Træningstider Efterår 2020

Tirsdag - lige uger

Kunst	Bane 1.1	Bane 1.2	Bane 1.3	Bane 1.4	Lysbane
16:00-16:30					
16:30-17:00			IH Aalborg	IH Aalborg	
17:00-17:30	U16	U17	IH Aalborg	IH Aalborg	
17:30-18:00	U16	U17	IH Aalborg	IH Aalborg	
18:00-18:30	U16	U17	IH Aalborg	IH Aalborg	
18:30-19:00	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Damesenior + senior 4+5
19:00-19:30	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Damesenior + senior 4+5
19:30-20:00	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Damesenior + senior 4+5
20:00-20:30					
20:30-21:00					
21:00-21:30					
21:30-22:00					
22:00-22:30					

Træningstider Efterår 2020

Tirsdag - ulige uger

Kunst	Bane 1.1	Bane 1.2	Bane 1.3	Bane 1.4	Lysbane
16:00-16:30					
16:30-17:00			IH Aalborg	IH Aalborg	
17:00-17:30	U16	U17	IH Aalborg	IH Aalborg	
17:30-18:00	U16	U17	IH Aalborg	IH Aalborg	
18:00-18:30	U16	U17	IH Aalborg	IH Aalborg	
18:30-19:00	Senior 1	Senior 1	Damesenior	Senior 4+5	
19:00-19:30	Senior 1	Senior 1	Damesenior	Senior 4+5	
19:30-20:00	Senior 1	Senior 1	Damesenior	Senior 4+5	
20:00-20:30	Senior 2+3				
20:30-21:00	Senior 2+3				
21:00-21:30	Senior 2+3				
21:30-22:00					
22:00-22:30					

Træningstider Efterår 2020

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	U8 Dreng + U8 Piger	U9	U10 + soccer moms	U11		U5/6
17:30-18:00	U8 Dreng + U8 Piger	U9	U10 + soccer moms	U11		U5/6
18:00-18:30	U8 Dreng + U8 Piger	U9	U10 + soccer moms	U11		U5/6
18:30-19:00	Senior 6	Senior 7	Senior 8	Senior 8		
19:00-19:30	Senior 6	Senior 7	Senior 8	Senior 8		
19:30-20:00	Senior 6	Senior 7	Senior 8	Senior 8		
20:00-20:30						
20:30-21:00						
21:00-21:30						
21:30-22:00						
22:00-22:30						

Træningstider Efterår 2020

Torsdag

Kunst	Bane 1.1	Bane 1.2	Bane 1.3	Bane 1.4	Lysbane
16:00-16:30					
16:30-17:00					
17:00-17:30	Se uge plan	Se uge plan	Se uge plan	U15-18 Piger	
17:30-18:00	Se uge plan	Se uge plan	Se uge plan	U15-18 Piger	
18:00-18:30	Se uge plan	Se uge plan	Se uge plan	U15-18 Piger	
18:30-19:00	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Damesenior + Senior 4+5
19:00-19:30	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Damesenior + Senior 4+5
19:30-20:00	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Damesenior + Senior 4+5
20:00-20:30			+32	Old Boys	
20:30-21:00			+32	Old Boys	
21:00-21:30			+32	Old Boys	
21:30-22:00					
22:00-22:30					

Kunst	Bane 2.1	Bane 2.2	Bane 2.3	Bane 2.4
16:00-16:30				
16:30-17:00				
17:00-17:30	U12	U12	Se uge plan	Se uge plan
17:30-18:00	U12	U12	Se uge plan	Se uge plan
18:00-18:30	U12	U12	Se uge plan	Se uge plan
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				

Uge plan:

Hold 1 : U13

Hold 2 : U14

Hold 3 : U16

Hold 4 : U17

Bane 1.1 – 1.2 – 1.3 – 2.3+4

Uge 43: 1 – 2 – 3 – 4

Uge 44: 4 – 1 – 2 – 3

Uge 45: 3 – 4 – 1 – 2

Uge 46: 2 – 3 – 4 – 1

Uge 47: 1 – 2 – 3 – 4

Uge 48: 4 – 1 – 2 – 3

Uge 49: 3 – 4 – 1 – 2

Uge 50: 2 – 3 – 4 – 1

Uge 51: 1 – 2 – 3 – 4

Uge 1: 4 – 1 – 2 – 3

Uge 2: 3 – 4 – 1 – 2

Uge 3: 2 – 3 – 4 – 1

Uge 4: 1 – 2 – 3 – 4

Uge 5: 4 – 1 – 2 – 3

Uge 6: 3 – 4 – 1 – 2

Uge 7: 2 – 3 – 4 – 1

Uge 8: 1 – 2 – 3 – 4

Uge 9: 4 – 1 – 2 – 3

Uge 10: 3 – 4 – 1 – 2

Uge 11: 2 – 3 – 4 – 1

Uge 12: 1 – 2 – 3 – 4