

# Træningstider vinter 2021

## 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	U11	U7
17:30-18:00	U12 Piger	U12	U13	U14	U11	U7
18:00-18:30	U12 Piger	U12	U13	U14	U11	U7
18:30-19:00	Senior 6	Senior 7	Senior 8			
19:00-19:30	Senior 6	Senior 7	Senior 8			
19:30-20:00	Senior 6	Senior 7	Senior 8			
20:00-20:30						
20:30-21:00						
21:00-21:30						
21:30-22:00						
22:00-22:30						

# Træningstider vinter 2021

## 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	U16/18 piger	U17	IH Aalborg	IH Aalborg	
17:30-18:00	U16/18 piger	U17	IH Aalborg	IH Aalborg	
18:00-18:30	U16/18 piger	U17	IH Aalborg	IH Aalborg	
18:30-19:00	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Senior 4+5
19:00-19:30	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Senior 4+5
19:30-20:00	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Senior 4+5
20:00-20:30					
20:30-21:00					
21:00-21:30					
21:30-22:00					
22:00-22:30					

# Træningstider vinter 2021

## 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	U16/18 piger	U17	IH Aalborg	IH Aalborg	
17:30-18:00	U16/18 piger	U17	IH Aalborg	IH Aalborg	
18:00-18:30	U16/18 piger	U17	IH Aalborg	IH Aalborg	
18:30-19:00	Senior 1	Senior 1	Senior 4+5	Senior 4+5	
19:00-19:30	Senior 1	Senior 1	Senior 4+5	Senior 4+5	
19:30-20:00	Senior 1	Senior 1	Senior 4+5	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 vinter 2021

## 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	Damesenior		
19:00-19:30	Senior 6	Senior 7	Senior 8	Damesenior		
19:30-20:00	Senior 6	Senior 7	Senior 8	Damesenior		
20:00-20:30						
20:30-21:00						
21:00-21:30						
21:30-22:00						
22:00-22:30						

# Træningstider vinter 2021

## 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	U16/18 piger	U17	U13	U14	U12
17:30-18:00	U16/18 piger	U17	U13	U14	U12
18:00-18:30	U16/18 piger	U17	U13	U14	U12
18:30-19:00	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Senior 4+5
19:00-19:30	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Senior 4+5
19:30-20:00	Senior 1	Senior 1	Senior 2+3	Senior 2+3	Senior 4+5
20:00-20:30	Old Boys +32	Old Boys +32	Old Boys øvrige	Old Boys øvrige	
20:30-21:00	Old Boys +32	Old Boys +32	Old Boys øvrige	Old Boys øvrige	
21:00-21:30	Old Boys +32	Old Boys +32	Old Boys øvrige	Old Boys øvrige	
21:30-22:00					
22:00-22:30					