



Træningstider Forår 2023

MANDAG

3:3	Bane 15	Bane 16	Bane 17	Bane 18	Bane 19	Mini kunst
16:00-16:30						
16:30-17:00						
17:00-17:30					U9	
17:30-18:00					U9	
18:00-18:30					U9	
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						

5:5	Bane 9	Bane 10	Bane 11	Bane 12	Bane 13	Bane 14
16:00-16:30						
16:30-17:00						
17:00-17:30	U9	U9	U8	U8	U10	U10
17:30-18:00	U9	U9	U8	U8	U10	U10
18:00-18:30	U9	U9	U8	U8	U10	U10
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						

8:8	Bane 5	Bane 6	Bane 7	Bane 8
16:00-16:30				
16:30-17:00				
17:00-17:30	U13	U11/U12	U11	U12
17:30-18:00	U13	U11/U12	U11	U12
18:00-18:30	U13	U11/U12	U11	U12
18:30-19:00				
19:00-19:30				
19:30-20:00				

11:11	Bane 1	Bane 2	Bane 3.1	Bane 3.2	Bane 4.1	Bane 4.2	Kunsten
16:00-16:30							
16:30-17:00							
17:00-17:30			U15/16	U15/16	U13	U13	
17:30-18:00			U15/16	U15/16	U13	U13	
18:00-18:30			U15/16	U15/16	U13	U13	
18:30-19:00		U14	U14	Senior 5	Senior 6	Senior 7	Dame Senior
19:00-19:30		U14	U14	Senior 5	Senior 6	Senior 7	Dame Senior
19:30-20:00		U14	U14	Senior 5	Senior 6	Senior 7	Dame Senior
20:00-20:30							
20:30-21:00							
21:00-21:30							
21:30-22:00							
22:00-22:30							

Træningstider Forår 2023

TIRSDAG

3:3	Bane 15	Bane 16	Bane 17	Bane 18	Bane 19	Mini Kunst
16:00-16:30						
16:30-17:00						
17:00-17:30						
17:30-18:00						
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						

5:5	Bane 9	Bane 10	Bane 11	Bane 12	Bane 13	Bane 14
16:00-16:30						
16:30-17:00			IH Aalborg	IH Aalborg		
17:00-17:30			IH Aalborg	IH Aalborg		
17:30-18:00			IH Aalborg	IH Aalborg		
18:00-18:30			IH Aalborg	IH Aalborg		
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						

8:8	Bane 5	Bane 6	Bane 7	Bane 8
16:00-16:30				
16:30-17:00		U13-Piger	IH Aalborg	
17:00-17:30	U13	U13-Piger	IH Aalborg	
17:30-18:00	U13	U13-Piger	IH Aalborg	
18:00-18:30	U13		IH Aalborg	
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				

11:11	Bane 1	Bane 2	Bane 3.1	Bane 3.2	Bane 4.1	Bane 4.2
16:00-16:30						
16:30-17:00						
17:00-17:30			U13	U13	U13	U13
17:30-18:00			U13	U13	U13	U13
18:00-18:30			U13	U13	U13	U13
18:30-19:00		Herre JS	Senior 2		Senior 3+4	Senior 3+4
19:00-19:30		Herre JS	Senior 2		Senior 3+4	Senior 3+4
19:30-20:00		Herre JS	Senior 2		Senior 3+4	Senior 3+4
20:00-20:30						
20:30-21:00						
21:00-21:30						
21:30-22:00						
22:00-22:30						

Træningstider Forår 2023

ONSDAG

3:3	Bane 15	Bane 16	Bane 17	Bane 18	Bane 19	Mini Kunst
16:00-16:30						
16:30-17:00						
17:00-17:30	U5/U6	U5/U6	U7	U7	U7	U9
17:30-18:00	U5/U6	U5/U6	U7	U7	U7	U9
18:00-18:30	U5/U6	U5/U6	U7	U7	U7	U9
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						

5:5	Bane 9	Bane 10	Bane 11	Bane 12	Bane 13	Bane 14
16:00-16:30						
16:30-17:00						
17:00-17:30	U9	U9	U8	U8	U10	U10
17:30-18:00	U9	U9	U8	U8	U10	U10
18:00-18:30	U9	U9	U8	U8	U10	U10
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						

8:8	Bane 5	Bane 6	Bane 7	Bane 8
16:00-16:30				
16:30-17:00				
17:00-17:30	Fodbold Fitness		U11	U12
17:30-18:00	Fodbold Fitness		U11	U12
18:00-18:30	Fodbold Fitness		U11	U12
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				

11:11	Bane 1	Bane 2	Bane 3.1	Bane 3.2	Bane 4.1	Bane 4.2
16:00-16:30						
16:30-17:00						
17:00-17:30			U15/16	U15/16	U15/16	U15/16
17:30-18:00			U15/16	U15/16	U15/16	U15/16
18:00-18:30			U15/16	U15/16	U15/16	U15/16
18:30-19:00		U14	U14	Senior 5	Senior 6	Senior 7
19:00-19:30		U14	U14	Senior 5	Senior 6	Senior 7
19:30-20:00		U14	U14	Senior 5	Senior 6	Senior 7
20:00-20:30						
20:30-21:00						
21:00-21:30						
21:30-22:00						
22:00-22:30						

Træningstider Forår 2023

TORSDAG

3:3	Bane 15	Bane 16	Bane 17	Bane 18	Bane 19	Mini Kunst
15:00-16:00	FC Prostata	FC Prostata				
16:30-17:00						
17:00-17:30	U2-4 bold	U2-4 bold	U2-4 bold	U2-4 bold	U2-4 bold	U2-4 bold
17:30-18:00	U2-4 bold	U2-4 bold	U2-4 bold	U2-4 bold	U2-4 bold	U2-4 bold
18:00-18:30	U2-4 bold	U2-4 bold	U2-4 bold	U2-4 bold	U2-4 bold	U2-4 bold
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						

5:5	Bane 9	Bane 10	Bane 11	Bane 12	Bane 13	Bane 14
16:00-16:30						
16:30-17:00						
17:00-17:30						
17:30-18:00						
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						

8:8	Bane 5	Bane 6	Bane 7	Bane 8
16:00-16:30				
16:30-17:00		U13-Piger		
17:00-17:30	U13	U13-Piger	IH Aalborg	(ulige uger) Målmandstræning
17:30-18:00	U13	U13-Piger	IH Aalborg	Målmandstræning
18:00-18:30	U13		IH Aalborg	Målmandstræning
18:30-19:00	Dame Senior	Dame Senior	Dame Senior	Dame Senior
19:00-19:30	Dame Senior	Dame Senior	Dame Senior	Dame Senior
19:30-20:00	Dame Senior	Dame Senior	Dame Senior	Dame Senior
20:00-20:30		OB Øvrige	OB Øvrige	OB Øvrige
20:30-21:00		OB Øvrige	OB Øvrige	OB Øvrige
21:00-21:30		OB Øvrige	OB Øvrige	OB Øvrige

11:11	Bane 1	Bane 2	Bane 3.1	Bane 3.2	Bane 4.1	Bane 4.2
16:00-16:30						
16:30-17:00						
17:00-17:30			U13	U13	U13	U13
17:30-18:00			U13	U13	U13	U13
18:00-18:30			U13	U13	U13	U13
18:30-19:00		Herre JS	Senior 2	Senior 3		
19:00-19:30		Herre JS	Senior 2	Senior 3		
19:30-20:00		Herre JS	Senior 2	Senior 3		
20:00-20:30						
20:30-21:00						
21:00-21:30						
21:30-22:00						
22:00-22:30						

Træningstider Forår 2023

FREDAG

3:3	Bane 15	Bane 16	Bane 17	Bane 18	Bane 19	Mini Kunst
16:00-16:30						
16:30-17:00						
17:00-17:30						
17:30-18:00						
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						

5:5	Bane 9	Bane 10	Bane 11	Bane 12	Bane 13	Bane 14
16:00-16:30						
16:30-17:00						
17:00-17:30						
17:30-18:00						
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						

8:8	Bane 6	Bane 7	Bane 8
16:00-16:30			
16:30-17:00			
17:00-17:30			
17:30-18:00			
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			

11:11	Bane 1	Bane 2	Bane 3.1	Bane 3.2	Bane 4.1	Bane 4.2	Bane 4.3
16:00-16:30							
16:30-17:00							
17:00-17:30							
17:30-18:00							
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							