

# Træningstider Vinter 23/24

## 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 | U13 Dreng | U12 Dreng | U11 Dreng     | U10 Dreng |         | U7 Mix    |
| 17:30-18:00 | U13 Dreng | U12 Dreng | U11 Dreng     | U10 Dreng |         | U7 Mix    |
| 18:00-18:30 | U13 Dreng | U12 Dreng | U11 Dreng     | U10 Dreng |         | U7 Mix    |
| 18:30-19:00 | U17 Dreng | U15 Dreng | U14 Dreng     | U14 Dreng |         |           |
| 19:00-19:30 | U17 Dreng | U15 Dreng | U14 Dreng     | U14 Dreng |         |           |
| 19:30-20:00 | U17 Dreng | U15 Dreng | U14 Dreng     | U14 Dreng |         |           |
| 20:00-20:30 | Senior 5  | Senior 6  | Dame Senior 1 |           |         |           |
| 20:30-21:00 | Senior 5  | Senior 6  | Dame Senior 1 |           |         |           |
| 21:00-21:30 | Senior 5  | Senior 6  | Dame Senior 1 |           |         |           |
| 21:30-22:00 |           |           |               |           |         |           |
| 22:00-22:30 |           |           |               |           |         |           |

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# Træningstider Vinter 23/24

## Tirsdag

| 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 | IH Aalborg | IH Aalborg | U14 Dreng  | U14 Dreng           | U14 Piger |
| 17:30-18:00 | IH Aalborg | IH Aalborg | U14 Dreng  | U14 Dreng           | U14 Piger |
| 18:00-18:30 | IH Aalborg | IH Aalborg | U14 Dreng  | U14 Dreng           | U14 Piger |
| 18:30-19:00 | Senior 1   | Senior 1   | Senior 3+2 | Senior 3+2          |           |
| 19:00-19:30 | Senior 1   | Senior 1   | Senior 3+2 | Senior 3+2          |           |
| 19:30-20:00 | Senior 1   | Senior 1   | Senior 3+2 | Senior 3+2          |           |
| 20:00-20:30 | Senior 4   |            |            | Dame Senior m. Anne |           |
| 20:30-21:00 | Senior 4   |            |            | Dame Senior m. Anne |           |
| 21:00-21:30 | Senior 4   |            |            | Dame Senior m. Anne |           |
| 21:30-22:00 |            |            |            |                     |           |
| 22:00-22:30 |            |            |            |                     |           |

# Træningstider Vinter 23/24

## 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 | U10 Piger | U8 Mix    | U9 Dreng    | Målmandstræning U9-U11 |         | U5/6      |
| 17:30-18:00 | U10 Piger | U8 Mix    | U9 Dreng    | Målmandstræning U9-U11 |         | U5/6      |
| 18:00-18:30 | U10 Piger | U8 Mix    | U9 Dreng    | Målmandstræning U9-U11 |         | U5/6      |
| 18:30-19:00 | U15 Dreng | U17 Dreng | Dame Senior | Dame Senior            |         |           |
| 19:00-19:30 | U15 Dreng | U17 Dreng | Dame Senior | Dame Senior            |         |           |
| 19:30-20:00 | U15 Dreng | U17 Dreng | 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 23/24

## 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 | U14 Piger | U13 Dreng | U14 Dreng  | U14 Dreng  | Målmandstræning U12-U15 | U10 Dreng |
| 17:30-18:00 | U14 Piger | U13 Dreng | U14 Dreng  | U14 Dreng  | Målmandstræning U12-U15 | U10 Dreng |
| 18:00-18:30 | U14 Piger | U13 Dreng | U14 Dreng  | U14 Dreng  | Målmandstræning U12-U15 | U10 Dreng |
| 18:30-19:00 | Senior 1  | Senior 1  | Senior 2+3 | Senior 2+3 |                         |           |
| 19:00-19:30 | Senior 1  | Senior 1  | Senior 2+3 | Senior 2+3 |                         |           |
| 19:30-20:00 | Senior 1  | Senior 1  | Senior 2+3 | Senior 2+3 |                         |           |
| 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 |           |           |            |            |                         |           |

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# Træningstider Vinter 23/24

## Fredag

| 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 |          |          |          |          |         |
| 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 |          |          |          |          |         |

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