



Treningstider Landsåshallen 2021/2022

KLOKKESLETT	MANDAG (bane 1)	MANDAG (bane 2)	TIRSDAG	ONSDAG	TORSDAG	FREDAG
16:00 - 16:30		J10	J13	J16		
16:30 - 17:00	MIX 6-7	J10	J13	J16		J14/G14
17:00 - 17:30	MIX 6-7	J10	J13	J16	J13/G12	J14/G14
17:30 - 18:00	MIX 8	MIX 9	G12/J11	J11	J13/G12	J14/G14
18:00 - 18:30	MIX 8	MIX 9	G12/J11	J11/J10	J13/G12	
18:30 - 19:00	J16/J14	J16/J14	G12/J11	G14, J10	J16	
19:00 - 19:30	J16/J14	G14	J14	G14	J16	
19:30 - 20:00	J16/J14	G14	J14	G14	J16	
20:00 - 20:30	DAME	G14	J14	DAME, HERRE	DAME	
20:30 - 21:00	HERRE	DAME	FPLN	DAME, HERRE	DAME	
21:00 - 21:30	HERRE	DAME	FPLN	DAME, HERRE	DAME	
21:30 - 22:00	HERRE		FPLN	DAME, HERRE		
22:00 - 22:30						