

Mandag	Bane 1		Bane 3		Bane 5		Bane 2	Bane 4	Bane 6	Bane 7	Mandag
	1A (8:8)	1B (8:8)	3A (8:8)	3B (8:8)	5A (8:8)	5B (8:8)	2A+2B (5:5)		6C (5:5)		
16:00 - 16:30	U8 D										16:00 - 16:30
16:30 - 17:00	16:00-17:30										16:30 - 17:00
17:00 - 17:30	2019		U11 D		U12 D		Optaget				17:00 - 17:30
17:30 - 18:00	U13 D		17:00-18:30		17:00-18:30						17:30 - 18:00
18:00 - 18:30	17:30-19:00		2016		2015						18:00 - 18:30
18:30 - 19:00	2014		Dame 11:11		U15 D						18:30 - 19:00
19:00 - 19:30	U17 D		18:30-20:00		18:30-20:00		Dame 7:7				19:00 - 19:30
19:30 - 20:00	19:00-21:00		U19P/Senior		2012/2013		19:00-20:30				19:30 - 20:00
20:00 - 20:30	2010/2011		Kamp		Kamp		Senior				20:00 - 20:30
20:30 - 21:00											20:30 - 21:00

Tirsdag	Bane 1		Bane 3		Bane 5		Bane 2	Bane 4	Bane 6	Bane 7	Tirsdag
	1A (8:8)	1B (8:8)	3A (8:8)	3B (8:8)	5A (8:8)	5B (8:8)	2A+2B (5:5)		6C (5:5)		
15:30 - 16:00			Hekla Arena								15:30 - 16:00
16:00 - 16:30	U 7/6 Mix		15:30-17:00								16:00 - 16:30
16:30 - 17:00	16:00-17:30										16:30 - 17:00
17:00 - 17:30	2020/2021		U14 APF		U12 P		U10 P		U9 P		17:00 - 17:30
17:30 - 18:00	U13 APF		U14 APF eller kamp		17:00-18:30		17:00-18:30		16:30-17:30		17:30 - 18:00
18:00 - 18:30	17:30-18:00		2013		2015		2017		U10 D		18:00 - 18:30
18:30 - 19:00					U16 APF				17:30-19:00		18:30 - 19:00
19:00 - 19:30			Herre Senior + U19 D		18:30-20:00		HS 7 M		2017		19:00 - 19:30
19:30 - 20:00			19:00-21:00		2011/2012		19:00-21:00				19:30 - 20:00
20:00 - 20:30	Kamp		Senior		Kamp		Senior				20:00 - 20:30
20:30 - 21:00					Kamp						20:30 - 21:00

Onsdag	Bane 1		Bane 3		Bane 5		Bane 2	Bane 4	Bane 6	Bane 7	Onsdag
	1A (8:8)	1B (8:8)	3A (8:8)	3B (8:8)	5A (8:8)	5B (8:8)	2A+2B (5:5)		6C (5:5)		
16:00 - 16:30	FCK 16:00-18:00						U9 D 16:30-18:30 2018				16:00 - 16:30
									16:30 - 17:00		
U 12 D			U 12 D eller Kamp		U11 D				Dame Fitness		17:00 - 17:30
17:00 - 17:30			17:00-18:30 2015		17:00-18:30 2016				17:00-18:30 Senior		17:30 - 18:00
17:30 - 18:00	U13 D 18:00-19:30 2014				U15 D		40+ H		45+ H		18:00 - 18:30
			18:30-20:00 2012/2013		18:30-21:00 Old Boys		18:30-21:00 Old Boys		18:30 - 19:00		
18:00 - 18:30	U13 D eller Kamp										19:00 - 19:30
18:30 - 19:00	U 17 D 19:30-21:30 2010/2011		45+ eller kamp		Kamp						19:30 - 20:00
									20:00 - 20:30		
									20:30 - 21:00		
19:00 - 19:30											21:00 -
19:30 - 20:00											
20:00 - 20:30											
20:30 - 21:00											
21:00 -											

Torsdag	Bane 1		Bane 3		Bane 5		Bane 2	Bane 4	Bane 6	Bane 7	Torsdag
	1A (8:8)	1B (8:8)	3A (8:8)	3B (8:8)	5A (8:8)	5B (8:8)	2A+2B (5:5)		6C (5:5)		
15:00 - 15:30			Hekla + D		FCK						15:00 - 15:30
15:30 - 16:00			15:00-17:00		15:00-17:00						15:30 - 16:00
16:00 - 16:30											16:00 - 16:30
16:30 - 17:00			U14 APF		U12 P		U10 P		U8 P		16:30 - 17:00
17:00 - 17:30	U13 APF		U14 APF eller kamp		17:00-18:30		17:00-18:30		16:30-18:00		17:00 - 17:30
17:30 - 18:00	17:30-19:00		2013		2015		2017		2019		17:30 - 18:00
18:00 - 18:30					U16 APF						18:00 - 18:30
18:30 - 19:00			Herre Senior + U19 D		18:30-20:00		32+ H				18:30 - 19:00
19:00 - 19:30					2011/2012		19:00-21:00				19:00 - 19:30
19:30 - 20:00	Kamp		Senior/U19 D		Kamp		Senior				19:30 - 20:00
20:00 - 20:30	Kamp				Kamp						20:00 - 20:30
20:30 - 21:00											20:30 - 21:00
21:00 -											21:00 -

Fredag	Bane 1		Bane 3		Bane 5		Bane 2	Bane 4	Bane 6	Bane 7	Fredag
	1A (8:8)	1B (8:8)	3A (8:8)	3B (8:8)	5A (8:8)	5B (8:8)	2A+2B (5:5)		6C (5:5)		
16:00 - 16:30											16:00 - 16:30
16:30 - 17:00	Hekla Xtra										16:30 - 17:00
17:00 - 17:30	16:00-18:30										17:00 - 17:30
17:30 - 18:00											17:30 - 18:00
18:00 - 18:30			Kamp		Kamp						18:00 - 18:30
18:30 - 19:00					Kamp						18:30 - 19:00
19:00 - 19:30											19:00 - 19:30
19:30 -											19:30 -

Lørdag	Bane 1		Bane 3		Bane 5		Bane 2	Bane 4	Bane 6	Bane 7	Lørdag
	1A (8:8)	1B (8:8)	3A (8:8)	3B (8:8)	5A (8:8)	5B (8:8)	2A+2B (5:5)	4G+4H+4I (3M)	6C (5:5)		
09:00 - 09:30			U7 P+D (2020)	U10D (2017) 09:30 - 11:00	U9D (2018) 09:00 - 10:00		Tumble (2023+2024)	U7 D+P (2020)	U10D (2017) 09:30 - 11:00	U5 MIX (2022) 09:00 - 10:00	09:00 - 09:30
09:30 - 10:00			09:00 - 10:00				09:00 - 10:00	09:00 - 10:00			09:30 - 10:00
10:00 - 10:30	Kamp		U8D (2019) 10:00 - 11:00	U9/U8 P (2018/2019) 10:00 - 11:00		Kamp	U8 D (2019) 10:00 - 11:00	U6 MIX (2021) 10:00 - 11:00			10:00 - 10:30
10:30 - 11:00											10:30 - 11:00
11:00 - 11:30											11:00 - 11:30
11:30 - 12:00											11:30 - 12:00
12:00 - 12:30	Kamp		Kamp		Kamp						12:00 - 12:30
12:30 - 13:00											12:30 - 13:00
13:00 - 13:30											13:00 - 13:30
13:30 - 14:00	Kamp		Kamp		Kamp						13:30 - 14:00
14:00 - 14:30											14:00 - 14:30
14:30 - 15:00											14:30 - 15:00
15:00 - 15:30											15:00 - 15:30
15:30 -											15:30 -

Søndag	Bane 1		Bane 3		Bane 5		Bane 2	Bane 4	Bane 6	Bane 7	Søndag
	1A (8:8)	1B (8:8)	3A (8:8)	3B (8:8)	5A (8:8)	5B (8:8)	2A+2B (5:5)		6C (5:5)		
09:00 - 09:30											09:00 - 09:30
09:30 - 10:00											09:30 - 10:00
10:00 - 10:30	Kamp	Kamp	Kamp	Kamp	Kamp	Kamp					10:00 - 10:30
10:30 - 11:00											10:30 - 11:00
11:00 - 11:30										11:00 - 11:30	
11:30 - 12:00											11:30 - 12:00
12:00 - 12:30											12:00 - 12:30
12:30 - 13:00	Kamp		Kamp		Kamp						12:30 - 13:00
13:00 - 13:30											13:00 - 13:30
13:30 - 14:00											13:30 - 14:00
14:00 - 14:30											14:00 - 14:30
14:30 - 15:00	Kamp		Kamp		Kamp						14:30 - 15:00
15:00 - 15:30											15:00 - 15:30
15:30 -											15:30 -