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						Hekla Heroes				16:00 - 16:30
16:30 - 17:00	16:00-17:30						16:00-17:00				16:30 - 17:00
17:00 - 17:30	2019		U11 D		U12 D						17:00 - 17:30
17:30 - 18:00	U 13 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	U 17 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						Senior				20:00 - 20:30
20:30 - 21:00					Kamp						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								U9 P		16:30 - 17:00
17:00 - 17:30	2020/2021		U14 APF	U14 APF eller kamp	U12 P	U11 P	U10 P		16:30-17:30		17:00 - 17:30
17:30 - 18:00	U13 APF	U13 APF eller Kamp	17:00 - 19:00		17:00-18:30	17:00-18:30	17:00-18:30	U10 D	U10 D		17:30 - 18:00
18:00 - 18:30	17:30-18:00		2013		2015	2016	2017	17:30-19:00	17:30-19:00		18:00 - 18:30
18:30 - 19:00	2014				U16 APF			2017	2017		18:30 - 19:00
19:00 - 19:30	Kamp		Herre Senior + U19 D		18:30-20:00		HS 7 M				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			Senior		Kamp	Kamp	Senior				20:00 - 20:30
20:30 - 21:00											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 - 16:30
16:30 - 17:00	16:00-18:00										16:30 - 17:00
17:00 - 17:30			U 12 D	U 12 D eller Kamp	U11 D					Dame Fitness	17:00 - 17:30
17:30 - 18:00			17:00-18:30		17:00-18:30		U9 D			17:00-18:30	17:30 - 18:00
18:00 - 18:30	U13 D	U13 D eller Kamp	2015		2016		17:00-18:30			Senior	18:00 - 18:30
18:30 - 19:00	18:00-19:30		U15 D		Kamp		2018				18:30 - 19:00
19:00 - 19:30	2014		18:30-20:00			Volvox	40+ H		45+ H		19:00 - 19:30
19:30 - 20:00	U 17 D		2012/2013			19:00-21:00	18:30-21:00		18:30-21:00		19:30 - 20:00
20:00 - 20:30	19:30-21:30				Kamp		Old Boys		Old Boys		20:00 - 20:30
20:30 - 21:00	2010/2011										20:30 - 21:00
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											15:00 - 15:30
15:30 - 16:00	FCK		Hekla + D								15:30 - 16:00
16:00 - 16:30	15:00-17:00		15:00-17:00								16:00 - 16:30
16:30 - 17:00									U8 P		16:30 - 17:00
17:00 - 17:30			U14 APF	U14 APF eller kamp	U12 P	U11 P	U10 P		16:30-18:00		17:00 - 17:30
17:30 - 18:00	U13 APF	U13 APF eller Kamp	17:00-19:00		17:00-18:30	17:00-18:30	17:00-18:30		2019		17:30 - 18:00
18:00 - 18:30	17:30-19:00		2013		2015	2016	2017				18:00 - 18:30
18:30 - 19:00	2014				U16 APF						18:30 - 19:00
19:00 - 19:30	Kamp	Kamp	Herre Senior + U19 D		18:30-20:00		32+ H				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			Senior/U19 D		Kamp	Kamp	Senior				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	Hekla Xtra 16:00-18:30							17:00 - 17:30
17:30 - 18:00								17:30 - 18:00
18:00 - 18:30		Kamp	Kamp	Kamp				18:00 - 18:30
18:30 - 19:00								18:30 - 19:00
19:00 - 19:30								19:00 - 19:30
19:30 -								19:30 -

Lørdag	Bane 1 1A (8:8)	Bane 1 1B (8:8)	Bane 3 3A (8:8)	Bane 3 3B (8:8)	Bane 5 5A (8:8)	Bane 5 5B (8:8)	Bane 2 2A+2B (5:5)	Bane 4	Bane 6 6C (5:5)	Bane 7	Lørdag
9:00 - 9:30			U7 P+D (2020) 09:00 - 10:00		U9 P(2018) 09:00-10:00		Tumle (2023+2024) 09:00-10:00	U7D+P (2020) 09:00 - 10:00		U5 MIX (2022) 09:00-10:00	9:00 - 9:30
9:30 - 10:00				U10D (2017) 09:30-11:00					U10D (2017) 09:00-11:00		9:30 - 10:00
10:00 - 10:30	Kamp	Kamp	U8 D (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											13:30 - 14:00
14:00 - 14:30	Kamp		Kamp		Kamp						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 1A (8:8)	Bane 1 1B (8:8)	Bane 3 3A (8:8)	Bane 3 3B (8:8)	Bane 5 5A (8:8)	Bane 5 5B (8:8)	Bane 2 2A+2B (5:5)	Bane 4	Bane 6 6C (5:5)	Bane 7	Søndag
9:00 - 9:30											9:00 - 9:30
9:30 - 10:00											9:30 - 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	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											13:30 - 14:00
14:00 - 14:30	Kamp		Kamp		Kamp						14:00 - 14:30
14:30 - 15:00											14:30 - 15:00
15:00 - 15:30											15:00 - 15:30
15:30 -											15:30 -