Treningstider sesongen 2020 -Høst

Oppdatert 23.08.2020

Varhaughallen

	Mandag		Tirsdag		Onsdag		Torsdag		Fredag	
Halvdel	1	2	1	2	1	2	1	2	1	2
1400										
1430										
1500										
1530										
1600	J14 / J15/16	J14 / J15/16			G13	G13			J13 frem til fotballslutt	
1630	J14 / J15/16	J14 / J15/16			G13	G13	J7	J9		
1700	J12	J12	J8	G8	Idrettskulen		J7	J9		
1730	J12	J12	J8	G8	Idrettskulen		J12	J12	Badminton	Badminton
1800	J12	J12	J10	J10	G12	G12	J12	J12	Badminton	Badminton
1830	J13	J13	J10	J10	G12	G12	G9	G9	Badminton	Badminton
1900	J13	J13	Badminton	Badminton	J13	J13	G9	G9		
1930	Dame A/B	Dame A/B	Badminton	Badminton	J13	J13	G 15	G 15		
2000	Dame A/B	Dame A/B	Badminton	Badminton	J13	J13	G 15	G 15		
2030	Dame A/B	Dame A/B			Herre C	Herre C	G 15	G 15		
2100					Herre C	Herre C				
2130										

Jæren Sparebank Arena

	Mandag			Tirsdag			Onsdag			Torsdag			Fredag		
Halvdel	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
1400															
1430															
1500															
1530															
1600										J14 / J15/16	J14 / J15/16	J14 / J15/16	G14	G14	G13
1630	J11	J11	J11	G9	G9	G9	G11 Frem til fotballballen slutter			J14 / J15/16	J14 / J15/16	J14 / J15/16	G14	G14	G13
1700	J11	J11	J11	G9	G9	G9				J14 / J15/16	J14 / J15/16	J14 / J15/16	G14	G14	G13
1730	G11	G11	G11	J9	J9	J9	J11	J11	J11	Dame A/B	Dame A/B	Dame A/B	G11	G11	G11
1800	G11	G11	G11	J9	J9	J9	J11	J11	J11	Dame A/B	Dame A/B	Dame A/B	G11	G11	G11
1830	Herre A / B	Herre A / B	Herre A / B	G14	G14	G14	Herre A / B	Herre A / B	Herre A / B	Dame A/B	Dame A/B	Dame A/B			
1900	Herre A / B	Herre A / B	Herre A / B	G14	G14	G14	Herre A / B	Herre A / B	Herre A / B	Herre A / B	Herre A / B	Herre A / B			
1930	Herre A / B	Herre A / B	Herre A / B	G14	G14	J14 / J15/16	Herre A / B	Herre A / B	Herre A / B	Herre A / B	Herre A / B	Herre A / B			
2000	G 15	G 15	G 15	J14 / J15/16	J14 / J15/16	J14 / J15/16	Dame A/B	Dame A/B	Dame A/B	Herre A / B	Herre A / B	Herre A / B			
2030	G 15	G 15	G 15	J14 / J15/16	J14 / J15/16	J14 / J15/16	Dame A/B	Dame A/B	Dame A/B						
2100	G 15	G 15	G 15				Dame A/B	Dame A/B	Dame A/B						
2130															

Farge	Ant.trening	Ant.spillere	Farge	Ant.trening	Ant.spillere
Dame A/B			Herre A / B		
J16			Herre C		
J15 / J16			G 16		
J14 / J15			G 15		
J13			G14		
J12			G13		
J11			G12		
J10			G11		
J9			G10		
J8			G9		
J7			G8		
J6			G7		
			G6		