

Træningsplan 2019/2020



| Hold | Mandag | Onsdag | Torsdag | Fredag | Lørdag | Søndag |
|--|--|---|--|---|--------------------------------|--------------------------------|
| Skøjteskole | | 17.00 – 17.45 | | 16.15 – 17.00 off-ice | | 14.30 – 15.15 |
| Teenbegynder | | | 16.15 – 17.00 17.10 – 17.55 off-ice | 16.15 – 17.00 off-ice | | 14.30 – 15.15 |
| TeenFun | | | 16.15 – 17.00 17.10 – 17.55 off-ice | 16.15 – 17.00 off-ice | | 17.00 – 17.45 |
| Voksenholdet | 19.30 – 20.15 Hal 1 | | | 16.15 – 17.00 off-ice | | 17.00 – 17.45 |
| Funskate 1 | 16.30 – 17.15 18.05 – 18.45 off-ice | | 17.15 – 18.00 | 16.15 – 17.00 off-ice | 08.00 – 08.45 | |
| Funskate 2 | 16.30 – 17.15 18.05 – 18.45 off-ice | | 15.30 – 16.15 17.10 – 17.55 off-ice | 16.15 – 17.00 off-ice 17.15 – 18.00 | 11.15 – 12.00 | |
| Extra Træning (særskilt plan) | 06.45 – 07.30 | | 06.45 – 07.30 18.00 – 18.45 | | 08.00 – 08.45 09.30 – 10.15 | 16.15 - 17.00 |
| K2 | 17.15 – 18.00 18.05 – 18.45 off-ice | | 15.30 – 16.15 17.10 – 17.55 off-ice | 16.15 – 17.00 off-ice 17.15 – 18.00 | 11.15 – 12.00 | |
| K1 | 15.30 – 16.30 17.20 – 18.00 off-ice | 16.15 – 17.00 18.00 – 18.45 off-ice | 15.15 – 16.00 Hal 1 Delehold M1/M2/K1 | 16.15 – 17.00 off-ice 18.45 – 19.30 | 10.30 – 11.15 | 13.45 – 14.30 |
| M2 | 15.30 – 16.30 17.20 – 18.00 off-ice | 16.15 – 17.00 18.00 – 18.45 off-ice | 16.00 – 16.45 Hal 1 Delehold M1/M2/K1 | 16.15 – 17.00 off-ice 18.00 – 18.45 | 10.30 – 11.15 | 13.00 – 13.45 |
| M1 | 18.05 – 18.35 off-ice 18.45 – 19.30 Hal 1 | 15.30 – 16.15 18.00 – 18.45 off-ice | 16.00 – 16.45 Hal 1 Delehold M1/M2/K1 | 16.15 – 17.00 off-ice 18.00 – 18.45 19.30 – 20.15 | 08.45 – 09.30 | 13.00 – 13.45 15.30 – 16.15 |
| Eliteklasse | 07.30 – 08.15 is Hal 2 08.30 – 09.15 is Hal 2 | | 07.30 – 08.15 is Hal 1 08.30 – 09.15 is Hal 1 | | | |
| Solodans 1 | | | 18.00 – 18.45 | | | 16.15 – 17.00 |
| Solodans 2 | | | 18.00 – 18.45 | | | 16.15 – 17.00 17.45 – 18.30 |
| Lektioner | 14.00 – 14.45 14.45 – 15.30 | 14.00 – 14.45 14.45 – 15.30 15.30 – 16.15 | 14.45 – 15.30 14.30 – 15.15 hal 1 | 18.45 – 19.30 | | 13.45 – 14.30 |