

# TRÆNINGSPLAN 2020/2021



Hold	Mandag	Onsdag	Torsdag	Fredag	Lørdag	Søndag
Skøjteskole		17.00 – 17.45 18.00 – 18.45 off-ice				15.30 – 16.15
Teenbegynder		17.00 – 17.45 18.00 – 18.45 off-ice				15.30 – 16.15
TeenFun		18.00 – 18.45 off-ice	17.15 – 18.00			14.45 – 15.30
Voksenholdet	19.30 – 20.15 Hal 1	18.00 – 18.45 off-ice		16.30 – 17.15		
Funskate 1	17.15 – 18.00 18.05 – 18.45 off-ice	18.00 – 18.45 off-ice	15.30 – 16.15		08.00 – 08.45	16.30 – 17.15
Funskate 2	17.15 – 18.00 18.05 – 18.45 off-ice	18.00 – 18.45 off-ice	17.15 – 18.00		08.45 – 09.30	16.30 – 17.15
Extra Træning	06.45 – 07.30		06.45 – 07.30		09.45 – 10.30 (M-løbere)	
K2	16.30 – 17.15 18.05 – 18.45 off-ice	18.00 – 18.45 off-ice	16.30 – 17.15		08.00 – 08.45	14.45 – 15.30
K1	16.30 – 17.15 18.05 – 18.45 off-ice	16.15 – 17.00 18.00 – 18.45 off-ice	16.30 – 17.15	16.30 – 17.15	10.30 – 11.15 12.05 – 12.45 off-ice	18.00 – 18.45
M2	15.30 – 16.30	16.15 – 17.00 18.00 – 18.45 off-ice	16.00 – 16.45 Hal 1 Delehold M1/M2 17.15 – 18.00 off-ice	15.45 – 16.30 Delehold M1/M2	10.30 – 11.15 12.05 – 12.45 off-ice	18.00 – 18.45
M1	18.45 – 19.30 Hal 1	06.45 – 07.30 15.30 – 16.15 18.00 – 18.45 off-ice	15.15 – 16.00 Hal 1 Delehold M1/M2 17.15 – 18.00 off-ice	15.00 – 15.45 Delehold M1/M2	11.15 – 12.00 12.05 – 12.45 off-ice	17.15 – 18.00 18.45 – 19.30
Eliteklasse	07.30 – 08.15 is Hal 2 08.30 – 09.15 is Hal 2		07.30 – 08.15 is Hal 2 08.30 – 09.15 is Hal 2			
Solodans			18.00 – 18.45			14.00 – 14.45
Lektioner	14.45 – 15.30	14.45 – 15.30	14.30 – 15.15 Hal 1 14.45 – 15.30 Hal 2	14.15 – 15.00		14.45 – 15.30