

# TRÆNINGSPLAN 2023/2024 Version 1



HOLD	MANDAG	TIRSDAG	ONSDAG	TORSDAG	FREDAG	LØRDAG	SØNDAG
SKØJTESKOLEN	16.50 – 17.20 off-ice 17.30 – 18.15		17.30 – 18.15 18.25 – 19.00 off-ice				
TEENBEGYNDER	16.50 – 17.20 off-ice 17.30 – 18.15				17.30 – 18.00 off-ice 18.15 – 19.00		
VOKSENHOLDET	20.00 – 20.45	17.15 – 18.00 off-ice			20.30 – 21.15		
SPORTSHOLDET	19.15 – 20.00	17.15 – 18.00 off-ice 19.00 – 19.45			20.30 – 21.15		
FUNSKATE VOKSEN	20.00 – 20.45	17.15 – 18.00 off-ice	15.45 – 16.30		19.00 – 19.45	10.30 – 11.15 13.00 – 13.45 off-ice	
FUNMINI			17.30 – 18.15 18.25 – 19.00 off-ice				15.15 – 15.45 off-ice 16.00 – 16.45
TEENFUN	17.20 – 18.00 off-ice 18.15 – 19.00				17.30 – 18.00 off-ice 18.15 – 19.00		
FUNSKATE			16.45 – 17.30			09.30 – 10.15 10.30 – 11.00 off-ice	15.15 – 15.45 off-ice 16.00 – 16.45
FUNSKATE TEEN	17.20 – 18.00 off-ice 18.15 – 19.00		15.45 – 16.30			09.30 – 10.15 10.30 – 11.00 off-ice	
FUNSKATE 1		16.00 – 16.45 17.15 – 18.00 off-ice	16.45 – 17.30			10.30 – 11.15 13.00 – 13.45 off-ice	16.45 – 17.30
FUNSKATE 2		16.00 – 16.45 17.15 – 18.00 off-ice	15.45 – 16.30		19.00 – 19.45	10.30 – 11.15 13.00 – 13.45 off-ice	16.45 – 17.30
K-HOLDET		16.00 – 16.45 17.15 – 18.00 off-ice		16.00 – 16.45 17.45 – 18.15 off-ice	19.00 – 19.45	11.15 – 12.00 13.00 – 13.45 off-ice	08.00 – 08.45 09.30 – 10.15
K1	19.15 – 20.00	15.15 – 16.00 17.15 – 18.00 off-ice 19.00 – 19.45		16.00 – 16.45 17.45 – 18.15 off-ice	19.45 – 20.30	11.15 – 12.00 13.00 – 13.45 off-ice	08.00 – 08.45 09.30 – 10.15
K2	15.00 – 15.45 16.00 – 16.45 off-ice	17.15 – 18.00 off-ice 18.15 – 19.00		16.00 – 16.45 17.45 – 18.15 off-ice	06.45 – 07.30 19.45 – 20.30	12.00 – 12.45 13.00 – 13.45 off-ice	08.00 – 08.45 09.30 – 10.15
K3	15.00 – 15.45 16.00 – 16.45 off-ice	17.15 – 18.00 off-ice 18.15 – 19.00		16.45 – 17.30 17.45 – 18.15 off-ice	06.45 – 07.30 19.45 – 20.30	12.00 – 12.45 13.00 – 13.45 off-ice	08.00 – 08.45 09.30 – 10.15
M2	06.45 – 07.30 15.00 – 15.45	15.15 – 16.00 17.15 – 18.00 off-ice 18.15 – 19.00		15.15 – 16.00 16.45 – 17.30 17.45 – 18.15 off-ice	06.45 – 07.30	11.15 – 12.00 13.00 – 13.45 off-ice	08.45 – 09.30
M1	06.45 – 07.30 15.00 – 15.45 16.00 – 16.45 off-ice	15.15 – 16.00 17.15 – 18.00 off-ice 18.15 – 19.00		15.15 – 16.00 16.45 – 17.30 17.45 – 18.15 off-ice	06.45 – 07.30 19.45 – 20.30	12.00 – 12.45 13.00 – 13.45 off-ice	08.45 – 09.30
SOLODANS			15.00 – 15.45		14.45 – 15.30	08.45 – 09.30	17.30 – 18.15
EKSTRA TRÆNING			14.30-15.00			08.00 – 08.45	
LEKTIONER	14.15 – 15.00	14.30 – 15.15		14.30 – 15.15	19.00 – 19.45	08.45 – 09.30	