

TRÆNINGSPLAN 2024/2025 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 18.30 – 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			19.45 – 20.30		
FUNSKATE VOKSEN	19.15 – 20.00	17.15 – 18.00 off-ice		15.15 – 16.00	20.30 – 21.15	10.30 – 11.15 13.00 – 13.45 off-ice	
FUNMINI			17.30 – 18.15 18.30 – 19.00 off-ice				09.30 – 10.15 10.30 – 11.15 off-ice
TEENFUN	17.20 – 18.00 off-ice 18.15 – 19.00						08.45 – 09.30 10.30 – 11.15 off-ice
FUNSKATE			16.45 – 17.30			09.30 – 10.15 10.30 – 11.00 off-ice	09.30 – 10.15 10.30 – 11.15 off-ice
FUNSKATE TEEN	17.20 – 18.00 off-ice 18.15 – 19.00			15.15 – 16.00		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	15.15 – 15.45 off-ice 16.00 – 16.45
FUNSKATE 2		16.00 – 16.45 17.15 – 18.00 off-ice		15.15 – 16.00	18.15 – 19.00	10.30 – 11.15	15.15 – 15.45 off-ice 16.45 – 17.30
K-HOLDET		16.00 – 16.45 17.15 – 18.00 off-ice	15.00 – 15.45 16.45 – 17.30 off-ice	16.00 – 16.45 17.45 – 18.15 off-ice	18.15 – 19.00	11.15 – 12.00 13.00 – 13.45 off-ice	
K1	19.15 – 20.00	17.15 – 18.00 off-ice 19.00 – 19.45	15.00 – 15.45 16.45 – 17.30 off-ice	16.00 – 16.45 17.45 – 18.15 off-ice	19.45 – 20.30	11.15 – 12.00 13.00 – 13.45 off-ice	
K2	15.00 – 15.45 16.00 – 16.45 off-ice	17.15 – 18.00 off-ice 19.00 – 19.45	15.00 – 15.45 16.45 – 17.30 off-ice	16.00 – 16.45 17.45 – 18.15 off-ice	19.45 – 20.30	11.15 – 12.00 13.00 – 13.45 off-ice	
K3	15.00 – 15.45 16.00 – 16.45 off-ice	17.15 – 18.00 off-ice 18.15 – 19.00	15.00 – 15.45 16.45 – 17.30 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	
M1	15.00 – 15.45 16.00 – 16.45 off-ice	15.15 – 16.00 17.15 – 18.00 off-ice 18.15 – 19.00	06.45 – 07.30 15.45 – 16.30 16.45 – 17.30 off-ice	16.45 – 17.30 17.45 – 18.15 off-ice	06.45 – 07.30 19.00 – 19.45	12.00 – 12.45 13.00 – 13.45 off-ice	
SOLODANS			14.15 – 15.00		14.45 – 15.30	08.45 – 09.30	17.30 – 18.15
EKTRA TRÆNING						08.00 – 08.45	
LEKTIONER	14.15 – 15.00	14.30 – 15.15		14.30 – 15.15		08.45 – 09.30	