



TRÆNINGSPLAN 2025/2026 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 – 18.15 18.30 – 19.00 off-ice				
VOKSENHOLDET	20.00 – 20.45	17.15 – 18.00 off-ice			20.30 – 21.15		
SPORTSHOLDET	20.00 – 20.45	17.15 – 18.00 off-ice 18.15 – 19.00			20.30 – 21.15		
FF VOKSEN	17.20 – 18.00 off-ice 20.00 – 20.45	15.15 – 16.00 17.15 – 18.00 off-ice			17.30 – 18.00 off-ice 18.15 – 19.00 20.30 – 21.15		18.15 – 19.00
FUNMINI				15.15 – 16.00			14.00 – 14.30 off-ice 15.30 – 16.15
TEENFUN				15.15 – 16.00			14.00 – 14.30 off-ice 15.30 – 16.15
FE YOUNG			16.00 – 16.30 off-ice 16.45 – 17.30			09.45 – 10.15 off-ice 10.30 – 11.15	16.30 – 17.15
FE OLD			16.00 – 16.30 off-ice 16.45 – 17.30			09.45 – 10.15 off-ice 10.30 – 11.15	16.30 – 17.15
FF YOUNG	17.20 – 18.00 off-ice 18.15 – 19.00	15.15 – 16.00			17.30 – 18.00 off-ice 18.15 – 19.00	09.45 – 10.15 off-ice 10.30 – 11.15	17.15 – 18.00
FF OLD	17.20 – 18.00 off-ice 18.15 – 19.00	15.15 – 16.00	16.00 – 16.30 off-ice 16.45 – 17.30		17.30 – 18.00 off-ice 18.15 – 19.00		18.15 – 19.00
B1 + B2	19.15 – 20.00	17.15 – 18.00 off-ice 18.15 – 19.00	15.45 – 16.30 16.45 – 17.30 off-ice	17.00 – 17.45	17.30 – 18.00 off-ice 19.45 – 20.30	10.30 – 11.00 off-ice 11.15 – 12.00	
A1 + A2	15.00 – 15.45 16.00 – 16.45 off-ice	16.00 – 16.45 17.15 – 18.00 off-ice 19.00 – 19.45	06.45 – 07.30 15.00 – 15.45 16.45 – 17.30 off-ice	16.15 – 17.00	06.45 – 07.30 17.30 – 18.00 off-ice 19.00 – 19.45	09.30 – 10.15 10.30 – 11.00 off-ice 12.00 – 12.45	
SOLODANS			14.15 – 15.00		14.45 – 15.30	08.45 – 09.30	19.00 – 19.45
SHOWHOLD							14.45 – 15.30
EKTRA TRÆNING						08.00 – 08.45	
LEKTIONER	14.15 – 15.00	14.30 – 15.15		14.30 – 15.15		08.45 – 09.30	