



Treningstider Landsåshallen 2020/2021

KLOKKESLETT	MANDAG (bane 1)	MANDAG (bane 2)	TIRSDAG	ONSDAG	TORSDAG	FREDAG
16:00 - 16:30	MIX 9 starter 16:15		J15, J16 Sort	J15, J16 Hvit	J10	
16:30 - 17:00	MIX 9	MINI 6/7	J15, J16 Sort	J15, J16 Hvit	J10	G13, G14
17:00 - 17:30	MIX 9	MINI 6/7	J15, J16 Sort/Hvit	J15, J16 Hvit	J12, G12	G13, G14
17:30 - 18:00	J13/J14	MIX 8	J15, J16 Hvit	J10, J13/J14	J12, G12	G13, G14
18:00 - 18:30	J13/J14	MIX 8	J15, J16 Hvit	J10, J13/J14	J12, G12	J15, J16 Sort/Hvit
18:30 - 19:00	G13, G14		G12	J13/J14, G13, G14	J15, J16 Sort	J15, J16 Sort/Hvit
19:00 - 19:30	G13, G14		G12	G13, G14	J15, J16 Sort	J15, J16 Sort/Hvit
19:30 - 20:00	DAME		G12	G13, G14	J15, J16 Sort	
20:00 - 20:30	DAME	HERRE		DAME, HERRE	DAME	
20:30 - 21:00	DAME	HERRE		DAME, HERRE	DAME	
21:00 - 21:30		HERRE	FPLN	DAME, HERRE	DAME	
21:30 - 22:00		HERRE	FPLN	DAME, HERRE		
22:00 - 22:30			FPLN			



Treningstider Seljestadhallen 2020/2021

KLOKKESLETT	MANDAG	MANDAG STYRKE	TIRSDAG	ONSDAG	TORSDAG	FREDAG
15:30 - 16:00	X	X	J12	X	J13/J14	X
16:00 - 16:30	X	X	J12	X	J13/J14	X
16:30 - 17:00	X	X	J12	X	J13/J14	X