



Træningstider 2017

HOLD SENIOR

DS	19:00 - 21:00	X	X	X
Serie 2	19:00 - 21:00		X	X
Serie 3	19:00 - 20:30		X	X
Serie 5	19:00 - 20:30		X	

HOLD DRENGE 11M

U19 (1999/2000)	19:00 - 21:00		X	X
U17 (2001/2002)	19:00 - 20:30	X		X (M)
U15-1 (2003)	17:30 - 19:00	X		X
U15-2 (2003)	17:30 - 19:00		X	X
U14 (2004)	17:30 - 19:00	X		X

HOLD DRENGE 8M

U13 (2005)	17:30 - 19:00		X	X
U12 (2006)	17:30 - 19:00	X		X
U11 (2007)	17:30 - 19:00	X		X

HOLD DRENGE 5M

U10 (2008)	17:30 - 19:00		X	X
U09 (2009)	17:00 - 18:30	X		X
U08 (2010)	17:00 - 18:00		X	X

HOLD DRENGE 3M

U07 (2011/2012)	17:00 - 18:00	X		X
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HOLD PIGER 8M

U13 (2005)	17:30 - 19:00	X-VFF		X-EASTSIDE
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HOLD PIGER 8M

U12 (2006/2007)	17:30 - 19:00		X	X
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FK VIBORG

U19	16:00 - 17:30	X	X	X	X (15:30)
U17	16:00 - 17:30	X		X	X (15:30)
U15	16:00 - 17:30	X	X	X	X (15:30)
U14	16:00 - 17:30	X	X	X	X
U13	16:00 - 17:30	X	X	X	X
U12 TALENT	16:00 - 18:00				X
T+ træning	17:00 - 18:30				X