



# Træningstider 2018

		MANDAG	TIRSDAG	ONSDAG	TORSDAG	FREDAG
<b>HOLD SENIOR</b>						
DS	19:00 - 21:00	X	X		X	
Serie 1	19:00 - 21:00		X		X	
Serie 3	19:00 - 20:30		X			
Serie 5	19:00 - 20:30		X			
<b>HOLD DRENGE 11M</b>						
U19 (1999/2000)	19:00 - 21:00		X		X	
U17 (2001/2002)	19:00 - 20:30	X		X	X (M)	
U15 (2003)	17:30 - 19:00	X		X	X (M)	
U14 (2004)	17:30 - 19:00		X		X	
<b>HOLD DRENGE 8M</b>						
U13 (2005)	17:30 - 19:00		X		X	
U12 (2006)	17:30 - 19:00	X		X		
U11 (2007)	17:30 - 19:00	X		X		
<b>HOLD DRENGE 5M</b>						
U10 (2008)	17:30 - 19:00		X		X	
U09 (2009)	17:00 - 18:30	X		X		
U08 (2010)	17:00 - 18:00		X		X	
<b>HOLD DRENGE 3M</b>						
U07 (2011/2012)	17:00 - 18:00		X		X	
<b>HOLD PIGER 8M</b>						
U13 (2005)	17:30 - 19:00	X-VFF			X-EASTSIDE	
<b>HOLD PIGER 8M</b>						
U12 (2006/2007)	17:30 - 19:00		X		X	
<b>FK VIBORG</b>						
U19	16:00 - 17:30	X	X	X		X (15:30)
U17	16:00 - 17:30	X		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	X
U13	16:00 - 17:30	X	X		X	X
U12 TALENT	16:00 - 18:00					X
U12 TALENT	16:00 - 18:00					X
T+ træning	17:00 - 18:30					X