Kunststofbane/Å-bane Træn

Start uge 43

Mandag

	Kunststofbane	Kunst 8.1	Kunst 8.2	Kunst 5.1	Å-Bane	Å-bane 8.1	Åbane 8.2	FIC Hal 5	KFUM Kunst	Bøgeskovhallen
16.00-16.15										Damesenior
16.15-16.30										Damesenior
16.30-16.45		FC U19	FC U17					FFF U9 piger		Damesenior
16.45-17,00		FC U19	FC U17					FFF U9 piger		Damesenior
17.00-17.15		FC U19	FC U17					FFF U9 piger		Damesenior
17.15-17.30		FC U19	FC U17					FFF U9 piger		Damesenior
17.30-17.45		FC U19	FC U17					FFF U8 drenge		Damesenior
17.45-18.00	FAF U16							FFF U8 drenge		Damesenior
18.00-18.15	FAF U16							FFF U8 drenge		
18.15-18.30	FAF U16							FFF U8 drenge		
18.30-18.45	FAF U16							FFF U9/10 drenge		
18.45-19.00	FAF U16							FFF U9/10 drenge		
19.00.19.15	FAF U16							FFF U9/10 drenge		
19.15-19.30								FFF U9/10 drenge		
19.30-19.45										
19.45-20.00										
20.00-20.15										
20.15-20.30										
20.30-20.45										
20.45-21.00										
21.00-21.15										
21.15-21.30										

Tirsdag

	Kunststofbane	Kunst 8.1	Kunst 8.2	Kunst 3.1	Å-Bane	Å-bane 8.1	Åbane 8.2	FIC Hal 5	KFUM Kunst	Bøgeskovhallen
16.00-16.15										
16.15-16.30										
16.30-16.45								FFF U5-U7		
16.45-17,00		FfF U12						FFF U5-U7		
17.00-17.15		FfF U12						FFF U5-U7		
17.15-17.30		FfF U12						FFF U5-U7		
17.30-17.45		FfF U12	FfF U11					FFF U13 piger		
17.45-18.00		FfF U12	FfF U11					FFF U13 piger		
18.00-18.15		FfF U12	FfF U11					FFF U13 piger		
18.15-18.30			FfF U11					FFF U13 piger		
18.30-18.45			FfF U11							
18.45-19.00			FfF U11							
19.00.19.15		Senior 1 JS	Senior 2 - 3	Senior 1 JS						
19.15-19.30		Senior 1 JS	Senior 2 - 3	Senior 1 JS						
19.30-19.45		Senior 1 JS	Senior 2 - 3	Senior 1 JS						
19.45-20.00		Senior 1 JS	Senior 2 - 3	Senior 1 JS						
20.00-20.15		Senior 1 JS	Senior 2 - 3	Senior 1 JS						
20.15-20.30		Senior 1 JS	Senior 2 - 3	Senior 1 JS						
20.30-20.45										
20.45-21.00										

21.00-21.15										
21.15-21.30										

Kunststofbane/Å-bane Træningstider Oktober 2025 - Marts 2026

Onsdag

	Kunststofbane	Kunst 8.1	Kunst 8.2	Kunst 5.1	Å-Bane	Å-bane 8.1	Åbane 8.2	FIC Hal 5	KFUM Kunst	Bøgeskovhallen
16.00-16.15										
16.15-16.30										
16.30-16.45										
16.45-17,00		FFF pigeafdeling	FFF U9/U10	FFF U9/U10						
17.00-17.15		FFF pigeafdeling	FFF U9/U10	FFF U9/U10						
17.15-17.30		FFF pigeafdeling	FFF U9/U10	FFF U9/U10						
17.30-17.45		FFF pigeafdeling	FFF U9/U10	FFF U9/U10						
17.45-18.00		FFF pigeafdeling	FFF U9/U10	FFF U9/U10						
18.00-18.15	FfF Damesenior		FFF U9/U10	FFF U9/U10						
18.15-18.30	FfF Damesenior									
18.30-18.45	FfF Damesenior									
18.45-19.00	FfF Damesenior									
19.00.19.15	FAF U16									
19.15-19.30	FAF U16									
19.30-19.45	FAF U16									
19.45-20.00	FAF U16									
20.00-20.15	FAF U16									
20.15-20.30	FAF U16									
20.30-20.45										
20.45-21.00										
21.00-21.15										
21.15-21.30										

Torsdag

	Kunststofbane	Kunst 8.1	Kunst 8.2	Kunst 5.1	Å-banen	Å-bane 8.1	Åbane 8.2	FIC Hal 5	KFUM Kunst	Bøgeskovhallen
16.00-16.15										
16.15-16.30										
16.30-16.45		FC U19	FC U17							
16.45-17,00		FC U19	FC U17							
17.00-17.15		FC U19	FC U17							
17.15-17.30		FC U19	FC U17							
17.30-17.45		FC U19	FC U17							
17.45-18.00		FfF U11	FfF U12							
18.00-18.15		FfF U11	FfF U12							
18.15-18.30		FfF U11	FfF U12							
18.30-18.45		FfF U11	FfF U12							
18.45-19.00		FfF U11	FfF U12							
19.00.19.15		FfF Senior 1 JS	FfF Senior 2 - 3	FfF Senior 1 JS						
19.15-19.30		FfF Senior 1 JS	FfF Senior 2 - 3	FfF Senior 1 JS						
19.30-19.45		FfF Senior 1 JS	FfF Senior 2 - 3	FfF Senior 1 JS						
19.45-20.00		FfF Senior 1 JS	FfF Senior 2 - 3	FfF Senior 1 JS						
20.00-20.15		FfF Senior 1 JS	FfF Senior 2 - 3	FfF Senior 1 JS						
20.15-20.15		FfF Senior 1 JS	FfF Senior 2 - 3	FfF Senior 1 JS						
20.15-20.30		FfF Senior 1 JS	FfF Senior 2 - 3	FfF Senior 1 JS						
20.30-20.45										

20.45-21.00										
21.00-21.15										
21.15-21.30										

Kunststofbane/Å-bane Træningstider Oktober 2025 - Marts 2026

Fredag

	Kunststofbane	Kunst 8.1	Kunst 8.2	Kunst 5.1	Å-Banen	Å-bane 8.1	Åbane 8.2	FIC Hal 5	KFUM Kunst	Bøgeskovhallen
16.00-16.15										
16.15-16.30										
16.00-16.15										
16.15-1630										
16.30-16.45		FC U19	FC U17							
16.45-17,00		FC U19	FC U17							
17.00-17.15		FC U19	FC U17							
17.15-17.30		FC U19	FC U17							
17.30-17.45		FC U19	FC U17							
17.45-18.00										
18.00-18.15										
18.15-18.30										
18.30-18.45										
18.45-19.00										
19.00.19.15										
19.15-19.30										
19.30-19.45										
19.45-20.00										
20.00-20.15										
20.15-20.30										
20.30-20.45										
20.45-21.00										
21.00-21.15										
21.15-21.30										