

Træningsplan 2.01.-1.04.2026

Dag	Hal 1	Tid	Hold		Hal 2	Tid	Hold	Træner	Tid	Hold	Træner	Off-ice/spinner
Mandag	1	15.30-16.15	B2Cubs + B1Springs	J + G	2	15.15-16.00	A2Springs + (B1Cubs+)	D				
	1	16.10-16.55	A2Springs + B1Cubs	G	2	16.00-16.45	A1Novice + A2Novice	D + N	16.25-17.10	B2Cubs	J	off-ice
	1	17.10-17.55	Skøjteskolen	N	2	16.45-17.30	A1Junior	D	17.10-17.55	A2Springs + (B1Cubs+)	J	off-ice
	1	18.10-18.55	B1Novice	G + N					17.55-18.40	A1 + B1Junior	J	off-ice
	1	18.50-19.35	A1 + B1Junior	D + G								
	1	19.50-20.35	KSport + B1Senior	G					19.50-20.20	Voksenhold	Edith	Off-ice
	1	20.35-20.45	Voksenhold selvtræning									
	1	20.45-21.30	Voksenhold	Emilie + Edith								
	1	21.30-21.50	Voksenhold selvtræning									
Tirsdag												
	1	15.30-16.15	A2Springs + B1Cubs/Springs + (B2Cubs+)	D + J	2	15.15-16.00	Fun y + Fun o	A				
	1	16.15-17.00	A2Springs + B1Cubs + A1/A2Novice	D + J	2	16.15-17.00	B1Novice	G				
					2	17.00-18.00	A1 + KSport + B1Senior	D + G	17.15-18.00	B1Novice + (B2o+)	J	off-ice
Onsdag	1	15.30-16.15	A2Springs + (B1Cubs+) + B2Cubs	D + J + (G)	2	15.15-16.00	Fun y	A				
	1	16.30-17.10	A2springs + B1Cubs + B1Springs	D + J + G	2	16.00-16.45	B2o	A + I				
	1	17.10-17.55	A1 + A2Novice + B1Novice/Junior/Senior	D + G					17.20-18.05	A2Springs + B1Cubs/Springs	J	spinner
									18.10-18.55	A1 + A2Novice + B1Novice**/Junior/Senior	J	off-ice
									18.10-18.55	Kontortid	D	varmestue
Torsdag					2	15.15-16.05	FSport	A + ht				
					2	16.05-16.55	Fun o	A + I				
					2	17.10-18.00	B2o	A + I				
									18.15-19.00	B2o	A	Off-ice
Fredag	1	15.30-16.15	A2Springs + B1Cubs/Springs	D + N	2	15.30-16.15	B2Cubs	J				
	1	16.15-17.00	B1Junior + (B2o+)	D	2	16.15-17.30	A1 + A2Novice	N + G	16.25-17.10	B2Cubs	J	off-ice
					2	17.45-18.30	B1Novice + B1Junior	N + G	17.10-17.55	A2Springs + B1Cubs/Springs	J	off-ice
									17.55-18.40	A1 + A2Novice	J	spinner
Lørdag	1	8.05-8.50	B2Cubs	J								
	1	8.50-9.35	A2springs + B1Cubs /Springs + B1Novice*	D + J								
	1	9.50-10.35	A1 + A2Novice	D + J + G					10.50-11.35	A2Springs + B1Cubs /Springs + B1Novice*	J	off-ice
	1	10.50-11.35	A1 + A2Novice + B1Senior	D + G					11.45-12.35	A1 + A2Novice	J	off-ice
	1	11.35-12.20	B1Novice ** + B1Junior	G								
	1	12.35-13.20	Skøjteskolen	D/G/J + ht					12.05-12.50	Fun y	A	
					2	13.05-13.55	Fun y	A + E	13.35-14.20	Skøjteskolen	Isabella	Off-ice
					2	13.55-14.45	Fun o	A + E	15.00-15.45	Fun o	A	off-ice
Søndag					2	8.00-8.50	FSport	N + ht				
					2	8.50-9.40	B2o	N + S	9.00-9.45	FSport	Nicole+Edith	Off-ice
					2	9.55-10.55	A1Junior + KSport + B1Senior	N				
					2	11.00-11.45	Familiehold + Voksenhold	Sarah + Nicole + Ellen + Maria	11.10-11.55	KSport + B1Senior	N	off-ice

B1Novice* kun Novice 1. år
B1Novice** kun Novice fra 2. år