

Træningsplan 1.10.-20.12.2026

opdateret 30.09.2026

Dag	Tid	Hold	Træner	Tid	Hold	Træner	Tid	Hold	Træner
Hal 1				Hal 2			Off-ice		
Mandag	15.30-16.15	B-mini + B1Cubs + B1Sprints + A2Sprints	J + D	15.15-16.00	Fun y	L			
	16.10-16.55	FSport + B1Cubs + B1Sprints	D + J	16.00-16.45	A1 + A2Novice + B1Novice	L + N	16.30-17.15	Fun y + B-mini	A
	17.10-17.55	Skøjteskolen	J	16.45-17.30	Fun o	L + N			
	18.10-18.55	A1 + A2Novice + A2Sprints	D + N				17.05-17.50	B1Cubs + B1Sprints	G
	18.55-19.40	B1Novice + B1Junior	L + G				17.05-17.50	A1 + A2Novice + A2Sprints	D
	19.55-20.40	KSport + B1Senior	L + G				17.55-18.40	B1Novice	G
	20.40-21.30	Voksenhold	L				17.45-18.30	Fun o	A
	21.30-21.50	Voksenhold	selvtræning				18.00-18.45	B1Junior + B1Senior + KSport	J
							19.55-20.25	Voksenhold	Ellen
Tirsdag									
	15.30-16.15	B2 Novice/Junior	G + L	15.15-16.00	B-mini + B2Sprints + B1Cubs + B1Sprints + A2Sprints	D + J			
	16.15-17.00	A1 + A2Novice + A2Sprints	D + G	16.15-17.00	B1Novice + B1Cubs + B1Sprints	L + J	17.10-18.00	B-mini + B2Sprints + B1Cubs + B1Sprints + A2Sprints	J
				17.00-18.00	A1 + A2Novice + B1Junior + B1Senior	D + L	17.10-17.55	B2 Novice/Junior	G
							18.10-18.55	A1 + A2Novice + B1Novice + B1Junior + B1Senior	G
Onsdag	15.25-16.10	B-mini + B2sprints + B1Cubs + B1Sprints + A2Sprints	D + J	15.15-16.00	Fun y	A + L			
	16.10-17.00	A1 + A2Novice + A2Sprints + B1Novice	D + J + L	16.00-16.45	B2 Novice/Junior	G	16.10-16.55	Fun y	A
				16.55-17.40	A1 + A2Novice + B1Junior + B1Senior	D + L	16.55-17.40	B2 Novice/Junior	G
							17.10-17.55	B-mini + B2Sprints + B1Cubs + B1Sprints + A2Sprints	J
							17.55-18.40	A1 + A2Novice + B1Novice + B1Junior + B1Senior	J
							17.55-18.40	Kontortid	D
Torsdag				15.15-16.05	FSport	A + L			
				16.05-16.55	Fun o + Fun y (12år og over)	L + A			
				17.10-18.00	B2	A + L	17.10-17.55	Fun o + Fun y (12år og over)	Isabella
							18.10-18.55	B2	A + L
Fredag									
	15.30-16.15	B1Cubs + B1Sprints + A2Sprints	G + N	15.30-16.15	B-mini + Fun y (t.o.m 11år) + B2Sprints	D + J			
	16.15-17.00	A1 + A2Novice + A2Sprints	G + N	16.30-17.15	B1Novice + B1Cubs + B1Sprints	D + J	16.30-17.15	Fun y (t.o.m 11år)	Ellen
				17.00-17.45	A1 + A2Novice	G	17.30-18.15	B1Cubs + B1Sprints + B2Sprints + B-mini	J/D
				17.40-18.30	KSport + B1Senior + B1Junior	N	17.55-18.40	A1 + A2Novice + B1Novice + A2Sprints	J/D
Lørdag	8.10-8.55	B2 Novice/Junior	G						
	8.55-9.40	Fun o	G				9.15-10.00	B2 Novice/Junior	A
	9.55-10.40	B-mini + B2sprints + B1Cubs + B1Sprints + A2Sprints	D + J + G				10.00-10.45	Fun o	A
	10.55-11.40	A1 + A2Novice + B1Novice + A2Sprints	D + G				10.45-11.30	B1Junior + B1Senior	J
	11.40-12.25	A1 + A2Novice + B1Junior + B1Senior	D + G				11.30-12.15	B-mini + B2sprints + B1Cubs + B1Sprints	J
	12.35-13.20	Skøjteskolen	D				12.00-12.45	Fun y	A
							12.40-13.25	A1 + A2Novice + B1Novice + A2Sprints	J
				13.05-13.55	Fun y	A + D	13.35-14.20	Skøjteskolen	træner
				13.55-14.45	Familiehold + Voksenhold	Ellen + Sarah+Maria	15.00-15.30	Voksenhold	Maria
Søndag				8.00-8.50	FSport	Sarah + Maria	9.00-9.45	FSport	Maria
				8.50-9.40	B2 Novice/Junior	N + Ellen	9.00-9.45	Fun o	Sarah
				9.55-10.45	Fun o	N + Ellen	9.50-10.35	B2 Novice/Junior	Sarah
				10.45-11.45	KSport + B1Senior + B1Junior	N			
							12.00-12.45	KSport + B1Senior + B1Junior	N