

opdateret 11-01-2024

KL

opv  
Bane 2

11-mands  
Bane 3  
LUKKET

11-mands  
Bane 4  
LUKKET

07.00 - 08.30
08.30 - 09.00
09.00 - 09.30
09.30 - 10.00
10.00 - 10.30
10.30 - 11.00
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19.30 - 20.00
20.00 - 20.30
20.30 - 21.00

10:00 - 12:00  
Nordic Bet Liga

træning  
Bane 6

11-mands  
Bane 7  
LUKKET

## Mandag

11-mands  
Bane 11

11-mands  
Bane 12

11-mands  
Bane 13

11-mands  
bane 14

07:30 - 9:30  
Pige talent

17:00 - 18:30  
U 11 Dreng

17:00 - 18:30  
U 12 Dreng

18:30 - 20:00  
U 17 Dreng 2

18:30 - 20:00  
Kvinde Senior

16:00 - 17:30  
U 17 Dreng 1

16:00 - 17:30  
U 19 Dreng 1

17:30 - 19:00  
U 15 Dreng 2

17:30 - 19:00  
U 15 Dreng 3-4

19:00 - 20:30  
U 19 Dreng 2



# Onsdag

KL

opv  
Bane 2

11-mands  
Bane 3  
LUKKET

11-mands  
Bane 4  
LUKKET

træning  
Bane 6

11-mands  
Bane 7  
LUKKET

11-mands  
Bane 11

11-mands  
Bane 12

11-mands  
Bane 13

11-mands  
bane 14

07.00 - 08.30
08.30 - 09.00
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20.00 - 20.30
20.30 - 21.00

10:00 - 12:00  
Nordic Bet Liga

07:30 - 9:30  
Pige talent

08:30 - 10:00  
U 19 Dreng 1

18:00 - 19:30  
50 & 55+ motion

17:00 - 18:30  
U 11 Dreng

18:30 - 20:00  
U 17 Dreng 2

17:00 - 18:30  
U 12 Dreng

16:00 - 17:30  
U 17 Dreng 1

17:30 - 19:00  
U 15 Dreng 2

19:00 - 20:30  
U 19 Dreng 2

17:30 - 19:00  
U 15 Dreng 3-4



# Fredag

KL

opv  
Bane 2

11-mands  
Bane 3  
LUKKET

11-mands  
Bane 4  
LUKKET

træning  
Bane 6

11-mands  
Bane 7  
LUKKET

11-mands  
Bane 11

11-mands  
Bane 12

11-mands  
Bane 13

11-mands  
bane 14

07.00 - 08.30
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20.30 - 21.00

10:00 - 12:00  
Nordic Bet Liga

16:00 - 17:30 U 17 Drengene 1	16:00 - 17:30 U 19 Drengene 1
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# Lørdag

KL

opv  
Bane 2

11-mands  
Bane 3  
LUKKET

11-mands  
Bane 4  
LUKKET

træning  
Bane 6

11-mands  
Bane 7  
LUKKET

11-mands  
Bane 11

11-mands  
Bane 12

11-mands  
Bane 13

11-mands  
bane 14

07.00 - 08.30
08.30 - 09.00
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20.30 - 21.00

10:00 - 12:00  
Nordic Bet Liga

# Søndag

KL

opv  
Bane 2

11-mands  
Bane 3  
LUKKET

11-mands  
Bane 4  
LUKKET

træning  
Bane 6

11-mands  
Bane 7  
LUKKET

11-mands  
Bane 11

11-mands  
Bane 12

11-mands  
Bane 13

11-mands  
bane 14

07.00 - 08.30
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20.30 - 21.00

09:00 - 11:00  
Fitness





# Mandag

11-mands Bane 15      7-mands Bane 10 A      7-mands Bane 10 B      7-mands Bane 10 C      7-mands Bane 10 D      5-mands Bane 9 A      5-mands Bane 9 B      5-mands Bane 9 C      5-mands Bane 9 D      3-mands 8 A til F      Lethallen

14:30 - 15:30  
HFK P

17:30 - 19:00  
U 14 Dreng 2

17:00 - 18:30 U 7 Børn	17:00 - 18:30 U 8 Børn	17:00 - 18:30 U 9 Børn	17:00 - 18:30 U 10 Dreng	17:00 - 18:30 U 7 Børn	17:00 - 18:30 U 8 Børn	17:00 - 18:30 U 9 Børn	17:00 - 18:30 U 10 Dreng
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16:45 - 17:45  
U 4-5-6 Børn

16:45 - 17:45  
U 4-5-6 Børn

# Tirsdag

11-mands Bane 15	7-mands Bane 10 A	7-mands Bane 10 B	7-mands Bane 10 C	7-mands Bane 10 D	5-mands Bane 9 A	5-mands Bane 9 B	5-mands Bane 9 C	5-mands Bane 9 D	3-mands 8 A til F	Lethallen
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16:00 - 17:30 Input træning
17:30 - 19:00 U 16 Drenge 1-2

17:00 - 18:30 U 10 Piger	17:00 - 18:30 U 11-12 Piger	17:00 - 18:30 U 13 Piger
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# Fredag

11-mands Bane 15	7-mands Bane 10 A	7-mands Bane 10 B	7-mands Bane 10 C	7-mands Bane 10 D	5-mands Bane 9 A	5-mands Bane 9 B	5-mands Bane 9 C	5-mands Bane 9 D	3-mands 8 A til F	Lethallen
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17:30 - 19:00  
U 16 Dreng 1-2

# Lørdag

11-mands  
Bane 15

7-mands  
Bane 10 A

7-mands  
Bane 10 B

7-mands  
Bane 10 C

7-mands  
Bane 10 D

5-mands  
Bane 9 A

5-mands  
Bane 9 B

5-mands  
Bane 9 C

5-mands  
Bane 9 D

3-mands  
8 A til F

Lethallen

# Søndag

11-mands  
Bane 15

7-mands  
Bane 10 A

7-mands  
Bane 10 B

7-mands  
Bane 10 C

7-mands  
Bane 10 D

5-mands  
Bane 9 A

5-mands  
Bane 9 B

5-mands  
Bane 9 C

5-mands  
Bane 9 D

3-mands  
8 A til F

Lethallen





Sydbyens  
Kunst

15:30 - 17:30 U 14-15 Dreng 1
17:30 - 19:00 U 13 Dreng 1

15:30 - 17:30 U 14-15 Dreng 1
17:30 - 19:00 U 13 Dreng 1

07:30 - 09:30  
U 14-15 drenge 1

15:30 - 17:30  
U 14-15 Drengene 1

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17:30 - 19:00  
U 13 Drengene 1

07:30 - 09:30  
U 14-15 drenge 1

16:30 - 18:00  
U 13 Drenge 1

15:30 - 17:30 U 14-15 Dreng 1
17:30 - 19:00 U 13 Dreng 1



