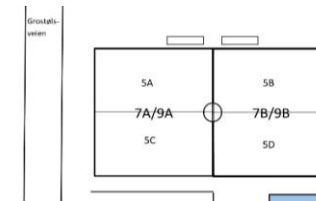


Treningstider høstsesongen 2020 (10.8. - 31.10.2020)

| Justvikbanen | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------|--------------------|---|---|---|----------|---|-----|-----|---------------|---|----|---|---------|---|---|---|--------|-----|---|---|----------------|-------------|-------------|---|--|-------------|-------------|
| Kampdag: | G11, G12, J12, J17 | | | | J17, G19 | | | | G/J 7-10, G15 | | | | G13 | | | | | | | | | | | | | | |
| | Mandag | | | | Tirsdag | | | | Onsdag | | | | Torsdag | | | | Fredag | | | | Søndag | | | | | | |
| | A | C | B | D | A | C | B | D | A | C | B | D | A | C | B | D | A | C | B | D | A | C | B | D | | | |
| 16:00-16:15 | Kampvindu | | | | | | | | | | | | | | | | | | | | | 16:00-16:15 | | | | | |
| 16:15-16:30 | | | | | | | | | | | | | | | | | | | | | | | | | | 16:15-16:30 | |
| 16:30-16:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | 16:30-16:45 |
| 16:45-17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | 16:45-17:00 |
| 17:00-17:15 | | | | | | | | | | | J7 | | | | | | G19 | G15 | | | J7/J8 (ekstra) | J12 | | | | | 17:00-17:15 |
| 17:15-17:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | 17:15-17:30 |
| 17:30-17:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | 17:30-17:45 |
| 17:45-18:00 | | | | | | | | | G8 | | G9 | | | | | | | | | | | | | | | | 17:45-18:00 |
| 18:00-18:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | 18:00-18:15 |
| 18:15-18:30 | | | | | | | | | | | J8 | | | | | | | | | | | | | | | | 18:15-18:30 |
| 18:30-18:45 | | | | | | | | | | | | | | | | | | | | | | | 18:30-18:45 | | | | |
| 18:45-19:00 | | | | | | | | | | | | | | | | | | | | | | | 18:45-19:00 | | | | |
| 19:00-19:15 | | | | | G10 | | | | | | | | | | | | | | | | | | 19:00-19:15 | | | | |
| 19:15-19:30 | | | | | | | G11 | | | | | | | | | | | | | | | | 19:15-19:30 | | | | |
| 19:30-19:45 | | | | | | | | | | | | | | | | | | | | | | | 19:30-19:45 | | | | |
| 19:45-20:00 | | | | | | | | G12 | G13 | | | | | | | | | | | | | | 19:45-20:00 | | | | |
| 20:00-20:15 | | | | | | | | | | | | | | | | | | | | | | | 20:00-20:15 | | | | |
| 20:15-20:30 | | | | | | | | | | | | | | | | | | | | | | | 20:15-20:30 | | | | |
| 20:30-20:45 | | | | | | | | | | | | | | | | | | | | | | | 20:30-20:45 | | | | |
| 20:45-21:00 | | | | | | | | | | | | | | | | | | | | | | | 20:45-21:00 | | | | |
| 21:00-21:15 | | | | | | | | | | | | | | | | | | | | | | | 21:00-21:15 | | | | |
| 21:15-21:30 | | | | | | | | | | | | | | | | | | | | | | | 21:15-21:30 | | | | |
| 21:30-21:45 | | | | | | | | | | | | | | | | | | | | | | | 21:30-21:45 | | | | |
| 21:30-22:00 | | | | | | | | | | | | | | | | | | | | | | | 21:30-22:00 | | | | |



| Havlimyrbanen | | | | | | | | | | | | | | |
|---------------|-----------------|--|--|--|------------|--|--|--|----------------|-----------------|------------|--|--------|--|
| | Mandag | | | | Onsdag | | | | Torsdag | | Fredag | | Søndag | |
| 16:00-16:30 | Gimletroll | | | | Gimletroll | | | | Gimletroll | | Gimletroll | | | |
| 16:30-17:00 | | | | | | | | | | | | | | |
| 17:00-17:30 | | | | | | | | | | | | | | |
| 17:30-18:00 | | | | | | | | | | | | | | |
| 18:00-18:30 | | | | | | | | | | | | | | |
| 18:30-18:45 | | | | | | | | | G7/G8 (ekstra) | G9/G10 (ekstra) | | | | |
| 18:45-19:00 | | | | | | | | | | | | | | |
| 19:00-19:30 | | | | | | | | | G11/12/13 | | | | | |
| 19:30-20:00 | | | | | | | | | | | | | | |
| 20:00-20:30 | | | | | | | | | | | | | | |
| 20:30-21:00 | | | | | | | | | | | | | | |
| 21:00-21:30 | Oldboys/veteran | | | | Kampvindu | | | | Kampvindu | | | | | |
| 21:30-22:00 | | | | | | | | | | | | | | |