

Træningstider 2019-2020

| | Mandag | | | | | Tirsdag | | | Onsdag | | | | Torsdag | | | | | | fredag | | | | | Lørdag | |
|-------|----------|---------|---------|--------|--------------|----------|---------|---------|----------|---------|---------|--------|----------|---------|---------|---------|--------|--------|--------|----------------|----------|----------|--------|----------|-------|
| | Bavnehøj | Valby 1 | Valby 3 | Hafnia | Styrkestyrke | Bavnehøj | Valby 1 | Valby 3 | Bavnehøj | Valby 1 | Valby 3 | Hafnia | Bavnehøj | Valby 1 | Valby 2 | Valby 3 | Styrke | Hafnia | styrke | Bavnehøj/valby | Valby 3 | styrke | Valby | Bavnehøj | |
| 15:30 | | | | | valby hafnia | | | | | | | | | | | | | | | | | | | 08:00 | |
| 15:45 | | | | | | | | | | | | | | | | | | | | | | | | | 08:15 |
| 16:00 | | | | | | | | | | | | | | | | | | | | | | | | | 08:30 |
| 16:15 | U8 DR | | | | | U6 | | | | | | | | | | | | | | | | | | | 08:45 |
| 16:30 | U9 DR | | | | | U7 | | | DS1 | U13 PI | U13 PI | | | U8 U9 | U10 DR | U10 PI | U10 PI | | | HS 1 | reserven | U17 DR | | | 09:00 |
| 16:45 | | U13 PI | | | | U10 PI | U10 PI | DS1 | U19 | U13 PI | U13 PI | | | DR+PI | U11 DR | U11 PI | U11 PI | | | | fester | | | | 09:15 |
| 17:00 | | | | | | U10-11 | | | | | | | | | | | | | | | Valby | | | | 09:30 |
| 17:15 | U8 PI | | | | | DR | | DS1 | U15 DR | U15PI | U13DR | | | | | | | | | HS1 | Hal | | | | 09:45 |
| 17:30 | U9 PI | | | | | | | | | | | | | | | | | | | | DR | DS1 | | | 10:00 |
| 17:45 | | | | | | | | | | | | | | | | | | | | | | reserven | U15 DR | | 10:15 |
| 18:00 | | | | | | | | | | | | | | | | | | | | | | fester | | | 10:30 |
| 18:15 | | U17 PI | | | | HS1 | | | | | | | | | | | | | | | Valby | | | | 10:45 |
| 18:30 | | | | | | | | DS 3+4 | | | | | | | | | | | | | Hal | | | | 11:00 |
| 18:45 | U13 DR | | | | | | | | U17PI | U15 DR | | | | | | | | | | | | U17/U19 | PI | | 11:15 |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | | | | 11:30 |
| 19:15 | | | | | | | | | | | | | | | | | | | | | | | | | 11:45 |
| 19:30 | | | | | | | | | | | | | | | | | | | | | | | | | 12:00 |
| 19:45 | HS2 | | | | | | | | | | | | | | | | | | | | | | | | 12:15 |
| 20:00 | HS1 | | | | | | | | | | | | | | | | | | | | | | | | 12:30 |
| 20:15 | | | | | | | | | | | | | | | | | | | | | | | | | 12:45 |
| 20:30 | | | | | | | | | | | | | | | | | | | | | | | | | 13:00 |
| 20:45 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:15 | | | | | | | | | Kamptid | | | | | | | | | | | | | | | | |
| 21:30 | OLDBOYS | | | | | | | | Senior | | | | | | | | | | | | | | | | |
| 21:45 | 3HS | | | | | | | | bredde | | | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22:15 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22:30 | | | | | | | | | | | | | | | | | | | | | | | | | |

Husk morgentr.
Tirsdag morgen

Husk morgentr.
Torsdag morgen