

Träningsider Bergs IK Säsongen 2024-2025 Utg 2 2024-08-12

MÅNDAG 17:00 17:15 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:30 19:45 20:00 20:15 20:30 20:45 21:00 21:15 21:30 21:45

Vasa Arena Hall 1	D1 17.00-18.15				H1 18.15-19.30														
Kärnahallen						H4 18.30-20.00													
Ljungsbrohallen	P11/14 17.00-18.30				F09/10 18.30-20.00				HJ 20.00-21.30										

TISDAG 17:00 17:15 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:30 19:45 20:00 20:15 20:30 20:45 21:00 21:15 21:30 21:45

Vasa Arena Hall 1					D1 18.15-19.30														
Vasa Arena Hall 1														H1 utveckling 20.45-22.00					
Valkebo									D2 19.30-21.00										
Rydshallen	F11/12 17.00-18.30				P10 18.30-20.00														
Ljungsbrohallen						JAS/H3													
Vreta	P14/15 17.00-18.30				F13/14 18.30-20.00														

ONSDAG 17:00 17:15 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:30 19:45 20:00 20:15 20:30 20:45 21:00 21:15 21:30 21:45

Valkebo												JAS/H3 20.00-21.30							
Rydshallen	P11/14 17.00-18.45				LEDIG 18.45-20.30														
Ljungsbrohallen								HJ 19.00-20.30				D2 20.30-22.00							
Collegium hall 3	P16 17.00-18.30																		

TORSDAG 17:00 17:15 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:30 19:45 20:00 20:15 20:30 20:45 21:00 21:15 21:30 21:45

Vasa Arena Hall 1						H1 18.15-19.30				D1 19.30-20.45									
Valkebo											F09/10 20.00-21.30								
Rydshallen					F11/12 18.00-19.30														
Vreta				F13/14 18.00-19.30											Oldboys 21.00-22.00				

FREDAG 16:00 16:15 16:30 16:45 17:00 17:15 17:30 17:45 18:00 18:15 18:30 18:45

Ljungsbrohallen	P17 16.00-17.15				P10 17.15-18.45			
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LÖRDAG 13:00 13:15 13:30 13:45 14:00 14:15 14:30 14:45 15:00 15:15 15:30 15:45

Vreta	P18 13.00-14.30				F15/16 14.30-16.00			
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SÖNDAG 09:00 09:15 09:30 09:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 13:00 13:15 13:30 13:45 14:00 14:15 14:30 14:45 15:00 15:15 15:30 15:45

Vreta	P17 09.00-10.30				F17 10.30-11.45				F18 11.45-13.00				P16 13.00-14.30				P14/15 14.30-16.00			
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H1
D1
P11/14
F09/10
HJ
D2
F11/12
P10
H4
P14/15
F13/14
JAS/H3
P16
F17
F15/16
F18
P18
P17
Oldboys