

Ark1

Träningsider Balders vecka 14-17 (3/4-30/4)

| Tider | måndag | | tisdag | | onsdag | | torsdag | | fredag | | lördag | | söndag | | Tider | | | | | | | | | | |
|-------------|-------------------------|--------|--------|--------|--------|--------|---------|--------|---------------|--------|-------------------------|---------------|-------------|--------|-------------|-----|-----|-----|-----|-----|--|--|-----|-----|-------------|
| | Plan 1 | Plan 2 | Plan 1 | Plan 2 | Plan 1 | Plan 2 | Plan 1 | Plan 2 | Plan 1 | Plan 2 | Plan 1 | Plan 2 | Plan 1 | Plan 2 | | | | | | | | | | | |
| 09:00-10:00 | | | | | | | | | | | | | 09:00-10:00 | | | | | | | | | | | | |
| 10:00-11:00 | | | | | | | | | | | | | 09:00-10:00 | | | | | | | | | | | | |
| 11:00-12:00 | | | | | | | | | | | | | 10:00-11:00 | | | | | | | | | | | | |
| 12:00-13:00 | | | | | | | | | | | | | 11:00-12:00 | | | | | | | | | | | | |
| 13:00-14:00 | | | | | | | | | | | | | 12:00-13:00 | | | | | | | | | | | | |
| 14:00-15:00 | | | | | | | | | | | | | 13:00-14:00 | | | | | | | | | | | | |
| 15:00-15:30 | | | | | | | | | | | | Ledig SFF-tid | 15:00-15:30 | | | | | | | | | | | | |
| 15:30-16:00 | | | | | | | | | | | | | 15:30-16:00 | | | | | | | | | | | | |
| 16:00-16:30 | | | | | | | | | | | | | 16:00-16:30 | | | | | | | | | | | | |
| 16:30-17:00 | | | | | | | | | | | | | 16:30-17:00 | | | | | | | | | | | | |
| 17:00-17:30 | | | | | | | | | | | F08 | F05 | P08 | F07 | F08 | P06 | P07 | F07 | P06 | P08 | | | P10 | F10 | 17:00-17:30 |
| 17:30-18:00 | | | | | | | | | | | F08 | F05 | P08 | F07 | F08 | P06 | P07 | F07 | P06 | P08 | | | P10 | F10 | 17:30-18:00 |
| 18:00-18:30 | S/B | S/B | P05 | F07 | P04 | F05 | P03 | F03 | P06 | P08 | | | P09 | F09 | 18:00-18:30 | | | | | | | | | | |
| 18:30-19:00 | S/B | S/B | P05 | F03 | P04 | F05 | P03 | F03 | Ledig SFF-tid | | | | P07 | P05 | 18:30-19:00 | | | | | | | | | | |
| 19:00-19:30 | P03 | P04 | SDFF | F03 | Alnö | Alnö | IFK | S/B | | | | | F01 | P05 | 19:00-19:30 | | | | | | | | | | |
| 19:30-20:00 | P03 | P04 | SDFF | F03 | Alnö | Alnö | IFK | S/B | | | | | F01 | F01 | 19:30-20:00 | | | | | | | | | | |
| 20:00-20:30 | IFK | Dam | IFK | GIF | Dam | Dam | SDFF | GIF | | | | | | | 20:00-20:30 | | | | | | | | | | |
| 20:30-21:00 | IFK | Dam | IFK | GIF | Dam | Dam | SDFF | GIF | | | | | | | 20:30-21:00 | | | | | | | | | | |
| Datum | (3/4, 10/4, 17/4, 24/4) | | | | | | | | | | (9/4, 16/4, 23/4, 30/4) | | | | | | | | | | | | | | |

| Grusplan | | |
|----------|------------------------|-----|
| P10 | De kommer att träna på | P10 |
| P10 | grus måndagar och | P10 |
| P09 | onsdagar 17-18, 18-19 | P09 |
| P09 | | P09 |

För de lag som vill träna 1,5 timme finns det tider på grus att ordna.
När vi får tillgång till gräs är det lättare att lösa antal pass och timmar.