

Ark1

Träningsider Balders från 1 maj – 7 maj 2017

Tider	måndag		tisdag		onsdag		torsdag		fredag		lördag		söndag							
	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											Matfors		Essvik							
10:00-11:00											Dam F03								9:30-11:30	
11:00-12:00											Div 3. Alnö									
12:00-13:00											P04 9-manna									
13:00-14:00											sammandrag								SFF	
14:00-15:00											12:00-16:30								P07	
15:00-15:30	Matfors								Sammandrag		11:30-17:30									
15:30-16:00																				
16:00-16:30																				
16:30-17:00																				
17:00-17:30	F08	F05	P08	F07	Match dam		P07	F07	P06	P06	Stöde									
17:30-18:00	F08	F05	P08	F07	Div 3		P07	F07	P06	P06										
18:00-18:30	S/B	S/B	P05	P07	Heffners		P03	F03	P06	P06										
18:30-19:00	S/B	S/B	P05	P07			P03	F03												
19:00-19:30	Match F01		Sund				IFK	S/B			F01 F01									
19:30-20:00	Div 1				Alnö Alnö		IFK	S/B	Alnö		F01 F01									
20:00-20:30	Hudik				Match P03		Stöde													
20:30-21:00					GIF															
					Div 2															

Grus

	måndag		tisdag		onsdag		torsdag		fredag	
17:00-17:30	P10	P09			P10	P09	P08			
17:30-18:00			F09	F10			P08			
18:00-18:30	P03	P04	17:30-18:30		F05	F08	P08			
18:30-19:00			P06	P07			P05			
19:00-19:30	DAM	F03	18:30-20:00		P04	P06	P05			
19:30-20:00							P05			
20:00-20:30							P05			
20:30-21:00										