**Träningstider Mariebergs IP 2023**

**A-plan**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **A-lag** | **P10** | **P10 (CFC)** |
| **måndag** | 17.45-20.00 |  |  |
| **tisdag** |  | 17.15-18.30 | 18.30-20.00 |
| **onsdag** | 17.45-20.00 |  |  |
| **torsdag** |  | 17.15-18.30 | 18.30-20.00 |
| **fredag** |  |  | 16.45-18.00 |
| **lördag** |  |  |  |
| **söndag** |  | 16.00-17.15 |  |

**B-plan**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **U19** | **P10 (CFC)** | **P13** | **Team15** | **Team16** | **Team17** |
| **måndag** |  | 17.30–19.00 |  |  |  |  |
| **tisdag** | 19.00-20.00 |  | 17.00-18.30 | 18.00-19.00 |  |  |
| **onsdag** |  |  |  |  |  |  |
| **torsdag** | 19.00-20.00 |  |  | 17.00-18.00 | 18.00-19.00 |  |
| **fredag** |  |  |  |  |  |  |
| **lördag** |  |  |  |  |  |  |
| **söndag** |  |  | 11.00-12.30 |  |  | 10.00-11.00 |