Treningstider idrettshall 2018-2019

		HALL 1				HALL 2		HALL 3	
DAG	TIME	SAL 1	SAL 2	SAL 3	SAL 4	Sal 1/2	SAL 3/4	SAL 1/2	SAL 3/4
MÅNDAG	07.00-08.00								
	15.00-15.55	Hafstad Volley	Hafstad Volley	Hafstad Volley	Hafstad Volley				
	16.00-16.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Studentsamfunnet	Studentsamfunnet
	17.00-17.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Handball	Handball
	18.00-18.55	Volleyball	Volleyball	Volleyball	Volleyball	Friidrett	Friidrett	Handball	Handball
	19.00-19.55	Volleyball	Volleyball	Volleyball	Volleyball	Friidrett	Friidrett	DRILL	Bogeskyting
	20.00-20.55	Volleyball	Volleyball	Volleyball	Volleyball	Innebandy	Innebandy	Badminton	Bogeskyting
	21.00-21.55	Volleyball	Volleyball	Volleyball	Volleyball	Innebandy	Innebandy	Badminton	Bogeskyting
TYSDAG	07.00 - 08.00								
	15.00-15.55								
	16.00-16.55	Volleyball	Volleyball	Volleyball	Turn	Handball	Handball	Handball	Førde Kommune
	17.00-17.55	Volleyball	Volleyball	Volleyball	Turn	Handball	Handball	Handball	Handball
	18.00-18.55	JUDO	Volleyball	Volleyball	Turn	Handball	Handball	Handball	Handball
	19.00-19.55	JUDO	Volleyball	Volleyball	Turn	Handball	Handball	Handball	Handball
	20.00-2055	JUDO	Volleyball	Volleyball	Turn	Handball	Handball	Handball	Handball
	21.00-21.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Handball	Handball
ONSDAG	07.00 - 08.00								
	15.00-15.55	Hafstad Lærar	Hafstad Lærar	Hafstad Volley	Hafstad Volley				
	16.00-16.55	Hafstad Lærar	Hafstad Lærar	Volleyball	Volleyball	Handball	Handball	Handball	Handball
	17.00-17.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Handball	Handball
	18.00-18.55	DRILL	Volleyball	Volleyball	Volleyball	Handball	Handball	Handball	Handball
	19.00-19.55	DRILL	Volleyball	Volleyball	Volleyball	FK- Ungdom	FK - Ungdom	Handball	Handball
	20.00-20.55	DRILL	Volleyball	Volleyball	Volleyball	Innebandy	Innebandy	Handball	Handball
	21.00-21.55	BIL Innebandy	Volleyball	Volleyball	Volleyball	Innebandy	Innebandy	Handball	Handball
TORSDAG	07.00 - 08.00								
	15.00-15.55	Hafstad Volley	Hafstad Volley	Hafstad Volley	Hafstad Volley				
	16.00-16.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Handball	Handball
	17.00-17.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Handball	Handball
	18.00-18.55	JUDO	Volleyball	Volleyball	Volleyball	Friidrett	Friidrett	Handball	Handball
	19.00-19.55	JUDO	Volleyball	Volleyball	Volleyball	Friidrett	Friidrett	Badminton	Bogeskyting
	20.00-20.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Badminton	Bogeskyting
	21.00-21.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Badminton	Bogeskyting
FREDAG	07.00-08.00								
	15.00-15.55	Hafstad Volley	Hafstad Volley	Hafstad Volley	Hafstad Volley				
	16.00-16.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Handball	Handball
	17.00-17.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Handball	Handball
	18.00-18.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Futsal	Futsal
	19.00-19.55	Volleyball	Volleyball	Volleyball	Volleyball	Handball	Handball	Futsal	Futsal
	20.00-20.55	REIN RUS	REIN RUS	REIN RUS	REIN RUS	REIN RUS	REIN RUS	REIN RUS	REIN RUS
	21.00-21.55	REIN RUS	REIN RUS	REIN RUS	REIN RUS	REIN RUS	REIN RUS	REIN RUS	REIN RUS