Treningstider idrettshall 2019-2020

		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	Hafstad Volley	Hafstad Volley	Friidrett	Friidrett	Studentsamfunnet	Studentsamfunnet
	17.00-17.55	volleyball	volleyball	volleyball	Volleyball	Friidrett	Friidrett	Handball	Handball
	18.00-18.55	volleyball	volleyball	volleyball	volleyball	Handball	Handball	Handball	Handball
	19.00-19.55	volleyball	volleyball	volleyball	Volleyball	Handball	Handball	Handball	Handball
	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	Hafstad Volley	Hafstad Volley	Hafstad Volley	Hafstad Volley	Flaggfotball	Flaggfotball	Drill	
	16.00-16.55	volleyball	volleyball	volleyball	Turn	Flaggfotball	Flaggfotball	Drill	Førde Komm - Psyk
	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	Handbal	Handball
	21.00-21.55	volleyball	volleyball	volleyball	Volleyball	Handball	Handball	Handball	Handball
ONSDAG	07.00 - 08.00								
	15.00-15.55	Hafstad Volley	Hafstad Volley	Hafstad Volley	Hafstad Volley		Drill		
	16.00-16.55	Lærar Hafstad	Lærar Hafstad	Hafstad Volley	Hafstad Volley	Handball	Drill	Handball	Handball
	17.00-17.55	volleyball	volleyball	volleyball	Volleyball	Handball	Handball	Handball	Handball
	18.00-18.55	volleyball	volleyball	volleyball	Volleyball	FK - Ungdom	FK - Ungdom	Handball	Handball
	19.00-19.55	volleyball	volleyball	volleyball	Volleyball	Handball	Handball	Handball	Handball
	20.00-20.55	volleyball	volleyball	volleyball	Volleyball	Handball	Innebandy	Handball	Handball
	21.00-21.55	BIL - Innebandy	volleyball	volleyball	Volleyball	Handball	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	Badminton	Bogeskyting
	17.00-17.55	volleyball	volleyball	volleyball	Volleyball	Friidrett	Friidrett	Badminton	Bogeskyting
	18.00-18.55	Judo	volleyball	volleyball	Volleyball	Friidrett	Friidrett	Badminton	Bogeskyting
	19.00-19.55	Judo	volleyball	volleyball	Volleyball	Handball	Handball	Handball	Bogeskyting
	20.00-20.55	volleyball	volleyball	volleyball	Volleyball	Handball	Handball	Handball	Handball
	21.00-21.55	volleyball	volleyball	volleyball	Volleyball	Handball	Handball	Handball	Handball
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	Handball	Handball
	19.00-19.55	volleyball	volleyball	volleyball	Volleyball	FørdeKam	FørdeKam	FørdeKam	FørdeKam
	20.00-20.55	Tiuchdown	Touchdown	Touchdown	Touchdown	Touchdown	Touchdown	Touchdown	Touchdown
	21.00-21.55	Tiuchdown	Touchdown	Touchdown	Touchdown	Touchdown	Touchdown	Touchdown	Touchdown