

|         |               | BANE 1 – Kunstbane ved Cefem |                    |                      |                      | BANE 2 – Kunstbane i Buret |                           |                          |                          | BANE 3 – Græsbaner |               |               |                         |
|---------|---------------|------------------------------|--------------------|----------------------|----------------------|----------------------------|---------------------------|--------------------------|--------------------------|--------------------|---------------|---------------|-------------------------|
| Dag     | Tid           | Bane 1A                      | Bane 1B            | Bane 1C              | Bane 1D              | Bane 2A                    | Bane 2B                   | Bane 2C                  | Bane 2D                  | Bane 3A            | Bane 3B       | Bane 3C       | Bane 3D                 |
| Mandag  | 15.00 - 16.10 | Privat training              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
|         | 16.30 - 17.25 | U10 A1-A2                    | U11 A1-A2          | U12A1-A2             | U11 A1-A2            | U10 P1-P2                  | U10 P1-P2                 | U8                       | U9                       | U7                 | U7            | U6            | U6                      |
|         | 17.30 - 18.45 | U14 A1                       | U14 A2             | U15 A1               | U15 A2               | U13 P1-P2                  | U13 P1-P2                 | U12 P1-P2                | U11 P1-P2                |                    |               |               |                         |
|         | 18.45 - 20.00 | U15 P1-P2                    | U15 P1-P2          | U14 P1-P2            | U14 P1-P2            | U16-U17 P                  | U16-U17 P                 | U19 A2                   | U18 A2                   |                    |               |               |                         |
|         | 20.00 - 21.15 | 2+3 Senior + U19-2           | 2+3 Senior + U19-2 | 2+3 Senior + U19-2   | 2+3 Senior + U19-2   | Volley + Beach badminton   | Volley + Beach badminton  | 12 + Old boys            | 12 + Old boys            | U14 A2             | U14 A2        | U14 A1        | U14 A1                  |
|         | 21.15 - 22.30 | 2+3 Senior + U19-2           | 2+3 Senior + U19-2 | 2+3 Senior + U19-2   | 2+3 Senior + U19-2   |                            |                           |                          |                          |                    |               |               |                         |
| Tirsdag | 15.00 - 16.10 | Privat training              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
|         | 16.30 - 17.25 | U13 A1                       | U13 A2             | U15 A1               | U15 A1               | U12A1-A2                   | U12A1-A2                  | U11 A1-A2                | U10 A1-A2                | U10-U13 Piger      | U10-U13 Piger | U6-U9 Piger   | Keeper training (Torso) |
|         | 17.30 - 18.45 | U15 A2                       | U15 A2             | U16-U17 Piger        | U16-U17 Piger        | U14 A2                     | U14 A2                    | U14 A1                   | U14 A1                   | U14-U15 Piger      | U14-U15 Piger | U14-U15 Piger | U14-U15 Piger           |
|         | 18.45 - 20.00 | Ledig                        | Ledig              | Ledig                | Ledig                | U19 Kender                 | U19 Kender                | Kulde senior             | Kulde senior             |                    |               |               |                         |
|         | 20.00 - 21.15 |                              |                    | Affruds lukkede hold | Affruds lukkede hold | Oscar Bekker lukkede hold  | Oscar Bekker lukkede hold |                          |                          |                    |               |               |                         |
|         | 21.15 - 22.30 |                              |                    | Affruds lukkede hold | Affruds lukkede hold | Oscar Bekker lukkede hold  | Oscar Bekker lukkede hold |                          |                          |                    |               |               |                         |
| Onsdag  | 15.00 - 16.10 | Privat training              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
|         | 16.30 - 17.25 | U11 P1-P2                    | U11 P1-P2          | U13 P1-P2            | U13 P1-P2            | U7                         | U8                        | U9                       | FOK Pige training        | U6                 | U6            | U5 Bjørnhold  | U5 Bjørnhold            |
|         | 17.30 - 18.45 | U15 P1-P2                    | U15 P1-P2          | Ledig                | Ledig                | U10 P1-P2                  | U10 P1-P2                 | U12 P1-P2                | U12 P1-P2                |                    |               |               |                         |
|         | 18.45 - 20.00 | Ledig                        | Ledig              | U14 P1-P2            | U14 P1-P2            | U19 A2                     | U19 A2                    | Ledig                    | Ledig                    |                    |               |               |                         |
|         | 20.00 - 21.15 | 2+3 Senior + U19-2           | 2+3 Senior + U19-2 | 2+3 Senior + U19-2   | 2+3 Senior + U19-2   | Volley + Beach badminton   | Volley + Beach badminton  | Volley + Beach badminton | Volley + Beach badminton |                    |               |               |                         |
|         | 21.15 - 22.30 | 2+3 Senior + U19-2           | 2+3 Senior + U19-2 | 2+3 Senior + U19-2   | 2+3 Senior + U19-2   |                            |                           |                          |                          |                    |               |               |                         |
| Torsdag | 15.00 - 16.10 | Privat training              |                    | OGOB                 | OGOB                 |                            |                           |                          |                          |                    |               |               |                         |
|         | 16.30 - 17.25 | U10-U13 Piger                | U10-U13 Piger      | U10 A1-A2            | U10 A1-A2            | U14 A1                     | U14 A2                    | U15 A1                   | U15 A2                   | U16-U9 Pige        | U16-U9 Pige   |               |                         |
|         | 17.30 - 18.45 | U12 A1-A2                    | U13 A1-A2          | U13 A1               | U13 A2               | U14-U15                    | U14-U15                   | U16-U17 Piger            | U16-U17 Piger            | Ledig              | Ledig         | Ledig         | Ledig                   |
|         | 18.45 - 20.00 | U19 A2                       | U19 A2             | U16-U17 P            | U16-U17 P            | U19 Kender                 | U19 Kender                | Kulde senior             | Kulde senior             |                    |               |               |                         |
|         | 20.00 - 21.15 |                              |                    |                      |                      | Oscar Vedels lukkede       | Oscar Vedels lukkede      | Oscar Bekker lukkede     | Oscar Bekker lukkede     |                    |               |               |                         |
|         | 21.15 - 22.30 |                              |                    |                      |                      | Oscar Vedels lukkede       | Oscar Vedels lukkede      | Oscar Bekker lukkede     | Oscar Bekker lukkede     |                    |               |               |                         |
| Fredag  | 15.00 - 16.10 | Privat training              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
|         | 16.30 - 17.25 | U14 A1                       | U14 A1             | U14 A2               | U14 A2               | U15 A1                     | U15 A1                    | U15 A2                   | U15 A2                   | FOK training       | FOK training  | FOK training  | FOK training            |
|         | 17.30 - 18.45 | U17 A1                       | U17 A1             | U17 A1               | U17 A1               | U13 A1                     | U13 A1                    | U13 A2                   | U14                      | FOK training       | FOK training  | FOK training  | FOK training            |
|         | 18.45 - 20.00 |                              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
|         | 20.00 - 21.15 |                              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
|         | 21.15 - 22.30 |                              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
| Lørdag  | 09.00 - 10.00 |                              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
|         | 10.00 - 11.00 |                              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
|         | 11.00 - 12.00 |                              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
|         | 12.00 - 13.00 |                              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
|         | 13.00 - 14.00 |                              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
| Søndag  | 09.00 - 10.00 |                              |                    |                      | Christina Veb        |                            |                           |                          |                          | U5 Bjørnhold       | U5 Bjørnhold  | U5 Bjørnhold  | U5 Bjørnhold            |
|         | 10.00 - 11.00 |                              |                    |                      |                      |                            |                           |                          |                          | U5 Bjørnhold       | U5 Bjørnhold  | U5 Bjørnhold  | U5 Bjørnhold            |
|         | 11.00 - 12.00 |                              |                    |                      |                      |                            |                           |                          |                          | U5 Bjørnhold       | U5 Bjørnhold  | U5 Bjørnhold  | U5 Bjørnhold            |
|         | 12.00 - 13.00 |                              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |
|         | 13.00 - 14.00 |                              |                    |                      |                      |                            |                           |                          |                          |                    |               |               |                         |

|              |
|--------------|
| Ledig        |
| Play         |
| Aspett       |
| Piger        |
| Overlappende |
| Lukket hold  |
| Spring Bold  |

| Baneplan – holdoversigt   |                           |               |               |
|---------------------------|---------------------------|---------------|---------------|
| Hold                      | Dag                       | Tidspunkt     | Bane          |
| U5 Bjørnhold              | Ons                       | 16.10 - 17.25 | Bane 3C + 3D  |
| U6                        | Søn                       | 09.00 - 12.00 | Bane 3 (Held) |
|                           | Man                       | 16.10 - 17.25 | Bane 3C + 3D  |
| U7                        | Man                       | 16.10 - 17.25 | Bane 3A + 3B  |
|                           | Ons                       | 16.10 - 17.25 | Bane 3D       |
| U8                        | Man                       | 16.10 - 17.25 | Bane 3D       |
|                           | Ons                       | 16.10 - 17.25 | Bane 3B       |
| U9                        | Man                       | 16.10 - 17.25 | Bane 3C       |
|                           | Ons                       | 16.10 - 17.25 | Bane 3C       |
| Akademi                   |                           |               |               |
| Hold                      | Dag                       | Tidspunkt     | Bane          |
| U10 A1-A2                 | Man                       | 16.10 - 17.25 | Bane 1A       |
|                           | Tir                       | 16.10 - 17.25 | Bane 2D       |
| U11 A1-A2                 | Tor                       | 16.10 - 17.25 | Bane 3C + 3D  |
|                           | Man                       | 16.10 - 17.25 | Bane 1B       |
| U12 A1-A2                 | Tir                       | 16.10 - 17.25 | Bane 3C       |
|                           | Tor                       | 17.30 - 18.45 | Bane 1B       |
| U13 A1-A2                 | Tor                       | 17.30 - 18.45 | Bane 1A       |
|                           | Man                       | 16.10 - 17.25 | Bane 1D       |
| U13 A1                    | Tir                       | 16.10 - 17.25 | Bane 1A       |
|                           | Tor                       | 17.30 - 18.45 | Bane 3C       |
| U13 A2                    | Tir                       | 17.30 - 18.45 | Bane 2A + 2B  |
|                           | Tor                       | 17.30 - 18.45 | Bane 3C       |
| U15 A2                    | Tir                       | 16.10 - 17.25 | Bane 1B       |
|                           | Tor                       | 17.30 - 18.45 | Bane 1D       |
| U16 A1                    | Fre                       | 17.30 - 18.45 | Bane 3C       |
|                           | Tir                       | 17.30 - 18.45 | Bane 1A       |
| U16 A2                    | Man                       | 17.30 - 18.45 | Bane 1B       |
|                           | Tir / Fre                 | 16.10 - 17.25 | Bane 3C + 3D  |
| U18 A1                    | Tor                       | 16.10 - 17.25 | Bane 3B       |
|                           | Man                       | 17.30 - 18.45 | Bane 3C       |
| U18 A2                    | Tir                       | 17.30 - 18.45 | Bane 2A + 2B  |
|                           | Tor                       | 16.10 - 17.25 | Bane 3C       |
| U19 A2                    | Man                       | 18.45 - 20.00 | Bane 3C + 3D  |
|                           | Ons                       | 18.45 - 20.00 | Bane 2A + 2B  |
| U17 A1                    | Tor                       | 18.45 - 20.00 | Bane 1A + 1B  |
|                           | Fre                       | 17.30 - 18.45 | Bane 2 (Held) |
| Play                      |                           |               |               |
| Hold                      | Dag                       | Tidspunkt     | Bane          |
| U10 P1-P2                 | Man                       | 16.10 - 17.25 | Bane 3C       |
|                           | Ons                       | 17.30 - 18.45 | Bane 1A + 1B  |
| U11 P1-P2                 | Man / Ons                 | 17.30 - 18.45 | Bane 3D       |
|                           | Man / Ons                 | 17.30 - 18.45 | Bane 3C       |
| U13 P1-P2                 | Man                       | 17.30 - 18.45 | Bane 2A + 2B  |
|                           | Ons                       | 17.30 - 18.45 | Bane 3C + 3D  |
| U14 P1-P2                 | Man                       | 18.45 - 20.00 | Bane 3C + 3D  |
|                           | Ons                       | 18.45 - 20.00 | Bane 3C + 3D  |
| U15 P1-P2                 | Man                       | 18.45 - 20.00 | Bane 1A + 1B  |
|                           | Ons                       | 17.30 - 18.45 | Bane 1A + 1B  |
| U16-U17 P                 | Man                       | 18.45 - 20.00 | Bane 2A + 2B  |
|                           | Tor                       | 18.45 - 20.00 | Bane 3C + 3D  |
| Piger                     |                           |               |               |
| Hold                      | Dag                       | Tidspunkt     | Bane          |
| U6-U9 Piger               | Tir                       | 16.10 - 17.25 | Bane 3C       |
|                           | Tor                       | 16.10 - 17.25 | Bane 3A + 3B  |
| U10-U13 Piger             | Tir                       | 16.10 - 17.25 | Bane 3A + 3B  |
|                           | Tor                       | 16.10 - 17.25 | Bane 1A + 1B  |
| U14-U15 Piger             | Tir                       | 17.30 - 18.45 | Bane 2 (Held) |
|                           | Tor                       | 17.30 - 18.45 | Bane 2A + 2B  |
| U14 Piger                 | Fre                       | 17.30 - 18.45 | Bane 3D       |
|                           | Tir                       | 17.30 - 18.45 | Bane 3C + 3D  |
| U16-U17 Piger             | Tir                       | 17.30 - 18.45 | Bane 3C + 3D  |
|                           | Tor                       | 17.30 - 18.45 | Bane 3C + 3D  |
| U19 Kender                | Tir / Tor                 | 18.45 - 20.00 | Bane 2A + 2B  |
|                           | Tir / Tor                 | 18.45 - 20.00 | Bane 3C + 3D  |
| Spektri training          |                           |               |               |
| Hold                      | Dag                       | Tidspunkt     | Bane          |
| Privat training           | Man / To / On / Tor / Fre | 15.00 - 16.10 | Bane 1A       |
|                           | Tor                       | 15.00 - 16.10 | Bane 3C + 3D  |
| OGOB                      | Ons                       | 16.10 - 17.25 | Bane 3D       |
|                           | Fre                       | 16.10 - 18.45 | Bane 2 (Held) |
| FOK Pige training         | Tir                       | 16.10 - 17.25 | Bane 3D       |
|                           | Man / Ons                 | 20.00 - 22.30 | Bane 2 (Held) |
| FOK training              | Man                       | 20.00 - 22.30 | Bane 2A + 2B  |
|                           | Ons                       | 20.00 - 21.15 | Bane 2 (Held) |
| 12 + Old boys             | Man                       | 20.00 - 21.15 | Bane 3C + 3D  |
|                           | Ons                       | 20.00 - 21.15 | Bane 3C + 3D  |
| Lukket hold               |                           |               |               |
| Hold                      | Dag                       | Tidspunkt     | Bane          |
| Alfreds lukkede hold      | Tir                       | 20.00 - 22.30 | Bane 3C + 3D  |
|                           | Tor                       | 20.00 - 22.30 | Bane 2A + 2B  |
| Oscar Bekker lukkede hold | Tir                       | 20.00 - 22.30 | Bane 3C + 3D  |
|                           | Tor                       | 20.00 - 22.30 | Bane 2A + 2B  |
| Oscar Vedels lukkede      | Tor                       | 20.00 - 22.30 | Bane 2A + 2B  |
|                           | Søn                       | 09.00 - 10.00 | Bane 1D       |

| ØVRIGE BANER |               |           |                     |                         |                     |
|--------------|---------------|-----------|---------------------|-------------------------|---------------------|
| Dag          | Tid           | Gennemløb | K2 - Jernkammer     | K1 - Station            | K1 - OPM G1         |
| Mandag       | 14.15 - 16.00 |           |                     | Aspetttraining (eff)    |                     |
|              | 16.00 - 17.30 |           | U10 (16.25 - 17.30) | 1. Senior 16.45 - 18.15 |                     |
|              | 17.30 - 18.45 |           | U17 (17.30 - 18.30) |                         |                     |
|              | 18.45 - 20.00 |           |                     |                         |                     |
|              | 20.00 - 21.15 |           |                     |                         |                     |
|              | 21.15 - 22.30 |           |                     |                         |                     |
| Tirsdag      | 15.00 - 16.15 |           |                     | Aspetttraining (eff)    |                     |
|              | 16.15 - 17.30 |           | U10 (16.45 - 17.30) | 1. Senior 16.45 - 18.15 |                     |
|              | 17.30 - 18.45 |           |                     |                         |                     |
|              | 18.45 - 20.00 |           |                     | U17 (18.15 - 19.40)     | Ledig (18.30-20.30) |
|              | 20.00 - 21.15 |           |                     |                         | Ledig (18.30-20.30) |
|              | 21.15 - 22.30 |           |                     |                         |                     |
| Onsdag       | 15.00 - 16.15 |           |                     | Aspetttraining (eff)    |                     |
|              | 16.15 - 17.25 |           |                     | U13                     |                     |
|              | 17.30 - 18.45 |           |                     | U17                     |                     |
|              | 18.45 - 20.00 |           |                     |                         |                     |
|              | 20.00 - 21.15 |           |                     |                         |                     |
|              | 21.15 - 22.30 |           |                     |                         |                     |
| Torsdag      | 15.00 - 16.15 |           |                     |                         |                     |
|              | 16.15 - 17.25 |           |                     | 1. Senior 16.45 - 18.15 |                     |
|              | 17.30 - 18.45 |           |                     |                         |                     |
|              | 18.45 - 20.00 |           |                     | U19 (18.15 - 19.40)     |                     |
|              | 20.00 - 21.15 |           |                     |                         |                     |
|              | 21.15 - 22.30 |           |                     |                         |                     |
| Fredag       | 15.00 - 16.15 |           |                     |                         |                     |
|              | 16.15 - 17.25 |           | U10 (16.35 - 17.30) | 1. Senior 16.45 - 18.15 |                     |
|              | 17.30 - 18.45 |           | U19 (16.55 - 17.30) |                         |                     |
|              | 18.45 - 20.00 |           |                     |                         |                     |
|              | 20.00 - 21.15 |           |                     |                         |                     |
|              | 21.15 - 22.30 |           |                     |                         |                     |
| Lørdag       | 09.00 - 10.00 |           |                     |                         |                     |
|              | 10.00 - 11.00 |           |                     |                         |                     |
|              | 11.00 - 12.00 |           |                     |                         |                     |
|              | 12.00 - 13.00 |           |                     |                         |                     |
|              | 13.00 - 14.00 |           |                     |                         |                     |
|              | 09.00 - 10.00 |           |                     |                         |                     |
| Søndag       | 10.00 - 11.00 |           |                     |                         |                     |
|              | 11.00 - 12.00 |           |                     |                         |                     |
|              | 12.00 - 13.00 |           |                     |                         |                     |
|              | 13.00 - 14.00 |           |                     |                         |                     |