



# VB Parken Træningstider

Forår 2016		Bane 3	Bane 4	Bane 5	Bane 6	Bane 7	Bane 8	Kunst	5 mands
Mandag	16:15–16:30	5 og 3 bold	U13V (6)			U16E/17/19L (7+4)	U16E/17/19L (7+4)	U11P (12)	U9P/U10P (12)
	16:30–16:45	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16E/17/19L (7+4)	U16E/17/19L (7+4)	U11P (12)	U9P/U10P (12)
	16:45–17:00	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16E/17/19L (7+4)	U16E/17/19L (7+4)	U11P (12)	U9P/U10P (12)
	17:00–17:15	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16E/17/19L (7+4)	U16E/17/19L (7+4)	U11P (12)	U9P/U10P (12)
	17:15–17:30	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16E/17/19L (7+4)	U16E/17/19L (7+4)	U11P (12)	U9P/U10P (12)
	17:30–17:45	3F (9)	U13V (1)	U14V (6)	U15V (2)	U16E/17/19L (7+4)	U16E/17/19L (7+4)	U10 (5)	
	17:45–18:00	3F (9)	U17P (10)	U14V (6)	U15V (2)	U16E/17/19L (7+4)	U16E/17/19L (7+4)	U10 (5)	
	18:00–18:15	3F (9)	U17P (10)	U14P (10)	U14/15V (6+2)	U12(5)		U10/U11 (5)	
	18:15–18:30	3F (9)	U17P (10)	U14P (10)		U12 (5)		U10/U11 (5)	
	18:30–18:45	3F (9)	U17P (10)	U14P (10)	Serie 2(7)	U12(5)	Serie 4 (4)	U10/U11 (5)	
	18:45–19:00	3F (9)	U17P (10)	U14P (10)	Serie 2(7)	U12 (5)	Serie 4 (4)	U11 (5)	
	19:00-19:15	Kampe (12+1)		U14P (10)	Serie 2(7)	U12(5)	Serie 4 (4)	U11 (5)	
	19:15-19:30	Kampe (12+1)		Serie 1 KV (10)	Serie 2(7)	U12 (5)	Serie 4 (4)		
19:30-20:30	Kampe (12+1)		Serie 1 KV (10)	Serie 2(7)		Serie 4 (4)			



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Forår 2016		Bane 3	Bane 4	Bane 5	Bane 6	Bane 7	Bane 8	Kunst	5 mands
Tirsdag	16:15–16:30	5 og 3 bold	U13V (1)			U16/17/19L (7+4)	U16/17/19L (7+4)		
	16:30–16:45	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U12 (5)	
	16:45–17:00	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U12 (5)	
	17:00–17:15	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U12 (5)	
	17:15–17:30	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U12 (5)	
	17:30–17:45	3F (9)	U13V (1)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U10/U12 (5)	
	17:45–18:00	3F (9)	U17P (10)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U10/U12 (5)	
	18:00–18:15	3F (9)	U17P (10)	U14V (6)	U15V (2)			U10 (5)	
	18:15–18:30	3F (9)	U17P (10)		U14/15V (6+2)			U10 (5)	
	18:30–18:45	3F (9)	U17P (10)		Serie 2(7)		Serie 4 (4)	U10 (5)	
	18:45–19:00	3F (9)	U17P (10)		Serie 2(7)		Serie 4 (4)		
	19:00–19:15		U19 /172div(3)		Serie 2(7)		Serie 4 (4)		
	19:15–19:30		U19 /172div(3)		Serie 2(7)		Serie 4 (4)		
19:30–20:30		U19 /172div(3)		Serie 2(7)		Serie 4 (4)			







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Torsdag	16:15–16:30	5 og 3 bold	U13V (1)			U16/17/19L (7+4)	U16/17/19L (7+4)		
	16:30–16:45	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U12 (5)	
	16:45–17:00	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U12 (5)	
	17:00–17:15	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U12 (5)	
	17:15–17:30	5 og 3 bold	U13V (1)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U12 (5)	
	17:30–17:45	3F (9)	U13V (1)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U10/U12 (5)	
	17:45–18:00	3F (9)	U17P (10)	U14V (6)	U15V (2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U10/U12 (5)	
	18:00–18:15	3F (9)	U17P (10)	U14P (10)				U10/U11 (5)	
	18:15–18:30	3F (9)	U17P (10)	U14P (10)				U10/U11 (5)	
	18:30–18:45	3F (9)	U17P (10)	U14P (10)	Serie 2(7)		Serie 4 (4)	U10/U11 (5)	
	18:45–19:00	3F (9)	U17P (10)	U14P (10)	Serie 2(7)		Serie 4 (4)	U11 (5)	
	19:00–19:15	Kampe (1+2)	U19/U17.2div (3)	U14P (10)	Serie 2(7)		Serie 4 (4)	U11 (5)	
	19:15–19:30	Kampe (1+2)	U19/U17.2div (3)		Serie 2(7)		Serie 4 (4)		
	19:30–20:30	Kampe (1+2)	U19/U17.2div (3)		Serie 2(7)		Serie 4 (4)		



# VB Parken Træningstider

Forår 2016		Bane 3	Bane 4	Bane 5	Bane 6	Bane 7	Bane 8	Kunst	5 mands
Fredag	16:15–16:30	Talent akademi (10)	Talent akademi (10)	U13/14/15V (1+6+2)	U13/14/15V (1+6+2)	U16/17/19L (7+4)	U16/17/19L (7+4)		
	16:30–16:45	Talent akademi (10)	Talent akademi (10)	U13/14/15V (1+6+2)	U13/14/15V (1+6+2)	U16/17/19L (7+4)	U16/17/19L (7+4)		
	16:45–17:00	Talent akademi (10)	Talent akademi (10)	U13/14/15V (1+6+2)	U13/14/15V (1+6+2)	U16/17/19L (7+4)	U16/17/19L (7+4)		
	17:00–17:15	Talent akademi (10)	Talent akademi (10)	U13/14/15V (1+6+2)	U13/14/15V (1+6+2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U6/U7/U8 (5)	
	17:15–17:30	Talent akademi (10)	Talent akademi (10)	U13/14/15V (1+6+2)	U13/14/15V (1+6+2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U6/U7/U8 (5)	
	17:30–17:45	Talent akademi (10)	Talent akademi (10)	U13/14/15V (1+6+2)	U13/14/15V (1+6+2)	U16/17/19L (7+4)	U16/17/19L (7+4)	U6/U7/U8 (5)	
	17:45–18:00	Talent akademi (10)	Talent akademi (10)			U16/17/19L (7+4)	U16/17/19L (7+4)	U6/U7/U8 (5)	
	18:00–18:15		U13A (5)	Kampe 7-mands (1+3)	Kampe 7-mands (1+3)				
	18:15–18:30		U13A (5)	Kampe 7-mands (1+3)	Kampe 7-mands (1+3)				
	18:30–18:45		U13A (5)	Kampe 7-mands (1+3)	Kampe 7-mands (1+3)				
	18:45–19:00		U13A (5)	Kampe 7-mands (1+3)	Kampe 7-mands (1+3)				
	19:00–19:15		U13A (5)						

