

Träningsider Bergs IK Säsongen 2023-2024 Utg 2

MÅNDAG	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45
Sporthallen 17.00-22.00	P10 17.00 - 18.30						F09/10 18.30 - 20.00						Herr 20.00 - 21.30							
Folkungahallen 19.30-20.45											Dam 19:30-20:45									

TISDAG	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45
Sporthallen 19.00-20.30									Dam 19:00-20:30											
Ryd 17.00-20.00	P-11/12 17:00-18:30						P-09 18:30-20:00													
Valkebohallen 17.00-22.00					D2 18:00-19:30						H3 19:30-21:00									
Vreta 17.00-20.00	F13/14 17:00-18:30						F11/12 18:30-20:00													

ONSDAG	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45
Sporthallen 19.00-22.00									Dam 19:00-20:30						HJ/H4 20:30-22:00					
Ryd 17.00-19.00			P10 17:30-19:00																	
Folkunga 18.15-19.30						Herr 18:15-19:30														

TORSDAG	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45
Collegium Combi 17.00-21.00					F11/12 18:00-19:30						F09/10 19:30-21:00									
Ryd 18.00-20.00					JAS/H3 18:00-20:00															
Vreta 18.00-22.00					P12/14 18:00-19:30						D2/Oldgirls 19:30-21.00						Oldboys			

FREDAG	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00
Sporthallen 16.00-19.00		P11/12 16:15-17.40						P-09 17:40-19:00					

LÖRDAG	14:30	14:45	15:00	15:15	15:30	15:45
Vreta 14.30-16.00	F15/16 14:30-16:00					

SÖNDAG	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45
Vreta 09.00-16.00	F17	9:00-10:00			P-17	10:00-11:00			P16	11:00-12:15			P14/15	12:15-13:30			P12/14	13:30-14:45			F13/14	14:45-16:00						