**Träningstider 2025. Start 5/5.**

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|  | **Gräsplan** | **Konstgräs** |
| **Måndag** |  |  |
| 17-18:30 | F16, F17 | Södra |
| 18:30-20 | F11 | Södra |
| 20-21:30 |  |  |
| **Tisdag** |  |  |
| 17-18:30 | F14, F15 |  |
| 18:30-20 | SENIOR | F12, F13 |
| 20-21:30 |  | Bruket |
| **Onsdag** |  |  |
| 17-18:30 | F16, F17 | Södra |
| 18:30-20 | F11 | Södra |
| 20-21:30 |  |  |
| **Torsdag** |  |  |
| 17-18:30 | F14, F15 |  |
| 18:30-20 | F12, F13 | SENIOR |
| 20-21:30 |  | Bruket |
| **Fredag** |  |  |
| 17-18:30 |  |  |
| **Lördag** |  |  |
| 9:30-11:30 |  | Södra |
| **Söndag** |  |  |
| 10-11 |  | F18, F19, F20, F21 |