Treningstider ØIL 2024 (etter påske)

SR-Bank Stadion

Klokke	Mandag				Tirsdag				Onsdag				Torsdag				Søndag			
	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4
15:30	G14-15	G14-15			J14-15	J14-15	J14-15	J14-15			G14-15	G14-15								
16:00	G14-15	G14-15			J14-15	J14-15	J14-15	J14-15	G14-15	G14-15	G14-15	G14-15	Senior D	Senior D			J12-13	J12-13		
16:30	G14-15	G14-15	G12	G12	J14-15	J14-15	J14-15	J14-15	G14-15	G14-15	G14-15	G14-15	Senior D	Senior D	Senior D	Senior D	J12-13	J12-13		
17:00	G17	G17	G12	G12	G10	G10	G11	G11	G14-15	G14-15	G14-15	G14-15	Senior D	Senior D	Senior D	Senior D	J12-13	J12-13	J14-15	J14-15
17:30	G17	G17	G12	G12	G10	G10	G11	G11	G19	G19	Senior H	Senior H	G19	G19	Senior H	Senior H	J14-15	J14-15	J14-15	J14-15
18:00	G17	G17	G17	G17	J10-11	J10-11	J12-13	J12-13	G19	G19	Senior H	Senior H	G19	G19	Senior H	Senior H	J14-15	J14-15	J14-15	J14-15
18:30					J10-11	J10-11	J12-13	J12-13	G19	G19	Senior H	Senior H	G19	G19	Senior H	Senior H	G14-15	G14-15	G14-15	G14-15
19:00					J12-13	J12-13	J12-13	J12-13	G13	G13			G12	G12			G14-15	G14-15	G14-15	G14-15
19:30									G13	G13	G17	G17	G12	G12	G17	G17	G14-15	G14-15	G14-15	G14-15
20:00	G19	G19	Senior H	Senior H	Senior D	Senior D			G13	G13	G17	G17	G12	G12	G17	G17	G19	G19	Senior H	Senior H
20:30	G19	G19	Senior H	Senior H	Senior D	Senior D	Senior D	Senior D	G17	G17	G17	G17	G17	G17	G17	G17	G19	G19	Senior H	Senior H
21:00	G19	G19	Senior H	Senior H	Senior D	Senior D	Senior D	Senior D					Senior H	Senior H	Senior H	Senior H	G19	G19	Senior H	Senior H
21:30													Senior H	Senior H	Senior H	Senior H	G19	G19	Senior H	Senior H

Westconbanen

Klokke	Mandag		Tirsdag		Onsdag		Torsdag		Fredag		Lørdag		søndag	
	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
16:00														
16:30														
17:00	G8/G9	G8/G9	J8-9	J8-9	G12	G12	J10-11	J10-11						
17:30	G8/G9	G8/G9	J8-9	J8-9	G12	G12	J10-11	J10-11						
18:00	G13	G13			G12	G12	J12-13	J12-13						
18:30	G13	G13					J12-13	J12-13						
19:00	G13	G13					J12-13	J12-13						
19:30														
20:00							Senior H	Senior H						
20:30							Senior H	Senior H						
21:00							Senior H	Senior H						
21:30														

Minibanen (ved SR-Bank Stadion)

Klokke	Mandag		Tirsdag		Onsdag		Torsdag		Fredag		Lørdag		søndag	
	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
16:00														
16:30														
17:00	G6	G6	G7	G7	J7	J7	J7	J6						
17:30	G6	G6	G7	G7	J7	J7	J6	J6						
18:00														
18:30														