

Treningstider ØIL 2025

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	G16-19	G16-19															J13-14	J13-14		
16:00	G16-19	G16-19											J17/Senior D	J17/Senior D	J17/Senior D	J17/Senior D	J13-14	J13-14		
16:30	G16-19	G16-19	G16-19	G16-19	J8	J8			G12	G12			G13	G13	J17/Senior D	J17/Senior D	J12-13	J12-13		
17:00	G14	G14	G13	G13	J8	G8	G9/G10	G9/G10	G12	G12	G14	G14	G13	G13	J17/Senior D	J17/Senior D	J Ungdom/Jr	J Ungdom/Jr	J Ungdom/Jr	J Ungdom/Jr
17:30	G14	G14	G13	G13	G8	G8	G9/G10	G9/G10	G12	G12	G14	G14	G13	G13	J13-14	J13-14	J Ungdom/Jr	J Ungdom/Jr	J Ungdom/Jr	J Ungdom/Jr
18:00	G14	G14	G13	G13	J11-12	J11-12	J10	G11	J13-14	J13-14	G14	G14	Senior H	Senior H	J13-14	J13-14	J Ungdom/Jr	J Ungdom/Jr	J Ungdom/Jr	J Ungdom/Jr
18:30	G15	G15			J11-12	J11-12	J10	G11	J13-14	J13-14	G15	G15	Senior H	Senior H	J13-14	J13-14	G Ungdom/Jr	G Ungdom/Jr	G Ungdom/Jr	G Ungdom/Jr
19:00	G15	G15			J11-12	J11-12	J10	G11	J13-14	J13-14	G15	G15	Senior H	Senior H	Senior H	Senior H	G Ungdom/Jr	G Ungdom/Jr	G Ungdom/Jr	G Ungdom/Jr
19:30	G15	G15	G15	G15	Senior D	Senior D	J17	J17	G16-19	G16-19	G15	G15	G15	G15	G16-19	G16-19	G Ungdom/Jr	G Ungdom/Jr	G Ungdom/Jr	G Ungdom/Jr
20:00	Senior H	Senior H	Senior H	Senior H	Senior D	Senior D	J17	J17	G16-19	G16-19	G16-19	G16-19	G15	G15	G16-19	G16-19	Senior H	Senior H	Senior H	Senior H
20:30	Senior H	Senior H	Senior H	Senior H	Senior D	Senior D	J17	J17	G16-19	G16-19	G16-19	G16-19	G15	G15	G16-19	G16-19	Senior H	Senior H	Senior H	Senior H
21:00	Senior H	Senior H	Senior H	Senior H													Senior H	Senior H	Senior H	Senior H
21:30																	Senior H	Senior H	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	G9/G10	G9/G10	G13	G13			J11-12	J11-12						
17:30	G9/G10	G9/G10	G13	G13	J10	J10	J11-12	J11-12						
18:00	G12	G12	G13	G13	J10	J10	J11-12	J11-12						
18:30	G12	G12	J13-14	J13-14			G11	G11						
19:00	G12	G12	J13-14	J13-14			G11	G11						
19:30			J13-14	J13-14			G11	G11						
20:00							Old boys	Old boys						
20:30							Old boys	Old boys						
21:00							Old boys	Old boys						
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	J6	J6						
17:30	G6	G6	G7	G7	J7	J7	J6	J6						
18:00														
18:30														