

VRI-Håndbold 2024/25 træningsplan

2024-25	Mandag				Tirsdag				Onsdag				Torsdag				Fredag				Lørdag												
	Hal A	Hal C	Egaa Gym	Hal E	Hal A	Hal B	Hal C	Egaa Gym	Hal E	Hal A	Hal B	Hal C	Elevangskolen	Hal E	Hal A	Hal B	Hal C	Hal E	Hal A	Hal B	Hal C	Hal E		Hal A	Hal B	Hal C	Hal E						
15:00										U9 D+P									U9 D	U9 P			15:00						Hal A	Hal B	Hal C	Hal E	
15:15																							15:15										
15:30					U11P	U11D	U11P+D																15:30										
15:45																							15:45										
16:00										Specialstars													16:00										
16:15							U13d1-3		U13P					FRI	AHU19	U13P	U13D	U13 keeper					16:15										
16:30									U13P					FRI	AHU19			U15 keeper		U11D	U11P	U11P+D		16:30									
16:45					U13D	U13P	U13P							FRI	AHU19			U15D	U15P					16:45									
17:00																							17:00										
17:15									U15P+D														17:15										
17:30																							17:30										
17:45																							17:45										
18:00					U15p	U15D			Senior										U17D+P	disp	disp		18:00										
18:15																							18:15										
18:30																							18:30										
18:45															U17D1-2	U17P 1-2							18:45										
19:00																							19:00										
19:15					Senior	U19b	Senior																19:15										
19:30																							19:30										
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	Mandag				Tirsdag				Onsdag					Torsdag					Fredag						Lørdag								
	Skæring		Arena		Skæringhal	HEI-hal		Arena	Skæringhal	Fr. Berg				Stadionhal	Skæring	Arena		Skæringhal	HEI-hal	Stadionhal			Skæringhal	HEI-hal									
	U17P 1-2		AH-D19, 1-2				AH-D19, 1-2			AH-P19, 1-2				AH-P19, 2		AH-D19, 1-2				AH-P19, 1			U17D1-2										
	AH-P19, 1-2																																