

Träningsider SIF Gården 2024 Sommar

Vecka		Olssons Trävaror	SEAB-plan	MP	Sportfältet						
Måndag		Konstgräs 11	Gräsplan		7(1)	7(2)	7(3)	5(A)	5(B)	5C	5(D)
17.00 - 18.30		P10 P11	F12 Dam.U	AL	F13	F14	F14		F2016	F2016	F2016
18.30 - 20.00		Herr Dam	P17 P15			P13	P13				
20.00 - 21:30		P19									
Tisdag			P12		P14	P14	P14				
17.00 - 18.30											
18.30 - 20.00		Herr Dam									
20.00 - 21:30		P19									
Onsdag		P17 P15	F13 Dam.U		F14	F14	F2015	P2015	P2015	P2015	P2015
17.00 - 18.30			P11 P13		F12	F12	F12				
18.30 - 20.00		Matchblock									
20.00 - 21:30											
Torsdag		Dam	P17 P15		P14	P14	P14	P2016	P2016	P2016	P2016
17.00 - 18.30		Herr	P10 P12								
18.30 - 20.00		P19									
20.00 - 21:30											
Fredag	16-17:30	P12	P10 P11	SEAB 16:30-18:00							
17.30 - 19:00		Dam	P10/P11->18.00								
19.00 - 20.30		Herr									
20.00 - 21:30											
Lördag					B&L	B&L	B&L	B&L	B&L	B&L	B&L
09.00 - 10.15		Matchblock	Matchblock								
10.25- 11:50		Matchblock	Matchblock								
12.00 - 14.15		Matchblock	Matchblock								
14.15 - 16.30		Matchblock	Matchblock								
16.30 - 19.00											
Söndag					Knatte Pojk				Knatte Flick		
09.30 - 10.30		Matchblock	Matchblock								
10.30 - 12:30		Matchblock	Matchblock								
12.30 - 14.15		Matchblock	Matchblock								
14.15 - 16.30		Matchblock	Matchblock								
16.30 - 19.30		Matchblock	Matchblock								
19.30 - 21:00							P2016	P2016	P2016	P2016	

