

Treningstider høst 2017

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ELITE SR	SW		6:00-8:00			6:00-8:00	9:00-11:30	9:00-11:00
	SW	17:30-19:30		18:00-20:45	18:30-20:45	16:00-17:30	11:30-14:00	
	DL	16:30-17:30		17:00-18:00	17:30-18:30	17:30-18:30		
ELITE JR	SW		6:00-8:00			6:00-8:00	9:00-11:30	9:00-11:00
	SW	16:00-18:00		16:00-18:00	16:00-18:00	16:00-17:30	11:30-14:00	
	DL	18:00-19:00		18:00-19:00	18:00-19:00	17:30-18:30		
ELITE UNG					6:00-8:00	6:00-8:00	9:00-11:30	9:00-11:00
	SW	16:00-17:30	16:00-18:00	16:00-17:30		17:30-19:30	11:30-14:00	
	DL	17:30-18:15	18:00-18:45	17:30-18:15		16:45-17:30		
SPEED ELITE						6:00-8:00	Invitation	
	SW	19:30-20:45	16:00-17:30	19:00-20:45	16:00-17:30			
	DL	18:30-19:30	17:30-18:15	18:15-19:00	17:30-18:30			
SPEED TRN 1&2	SW			(2) 16:00-17:00		19:30-20:45		13:00-14:30
	DL			(2) 15:30-16:00		19:00-19:30		
	SW			(1) 17:00-18:00				
	DL			(1) 18:00-18:30				
KONK 1&2	SW	18:00-19:30	17:30-18:30	17:30-19:00		18:30-19:30		16:45-17:45
	DL	17:15-18:00	18:30-19:00	19:00-19:30		18:00-18:30		
START	SW		18:30-19:30		17:30-18:30	17:30-18:30		15:45-16:45
	DL		19:30-20:00		17:00-17:30	17:00-17:30		
INTRO	SW		17:30-18:30					14:45-15:45
	DL		17:00-17:30					14:15-14:45
MASTERS	SW	6:00-8:00	19:30-20:45	6:00-8:00	6:00-8:00	19:30-20:45	14:00-15:30	
						*		
INTEGRATE	SW			18:00-19:00			14:00-15:30	

Make-up session

Risenga

No Trainer (*på fre. vil Rolf være der noen ggr)

Times/Days will rotate each week

Start times	week 1	week 2	week 3
Saturday (early) 9:00	E JR	E UNG	E SR
Saturday (late) 11:30	E SR	E JR	E UNG
Sunday 9:00	E UNG	E SR	E JR