Hold	Mandag	Tidspunkt	Tirsdag	Tidspunkt	Onsdag	Tidspunkt	Torsdag	Tidspunkt	Fredag	Tidspunkt	Lørdag	Tidspunkt	Søndag	Tidspunkt			
Senior 1	Bane 5	18:30-20:00	Bane 5	18:30-20:00			Bane 5	18:30-20:00									
Senior 2	Bane 5	18:30-20:00	Bane 3A	18:30-20:00			Bane 3A	18:30-20:00									
OldBoys/Veteran					Bane 7A	18:30-20:00					Bane 7A	08:30-10:00					
U19	Bane 6B	18:30-20:00	Bane 2A	18:30-20:00			Bane 2A	18:30-20:00									
U17	Bane 6A	18:30-20:00	Bane 1	18:30-20:00			Bane 1	18:30-20:00									
Målmandstræning							Bane 2A	17:30-18:30									
U15 (2003)	Bane 6B	17:30-19:00	Bane 2	17:30-19:00			Bane 2	17:30-19:00									
U14 (2004)			Bane 3A+Bane 6	16:45-18:15			Bane 3A+Bane 6	16:45-18:15									
U13 (2005)	Bane 3B	17:30-19:00	Bane 3B	17:30-19:00			Bane 3B	17:30-19:00									
U12 (2006)			Bane 3B	16:00-17:30			Bane 3B	16:00-17:30									
U11 (2007)	Bane 3A	17:30-19:00			Bane 3A+Bane4	17:30 -19:00											
U10 (2008)			Bane 8	17:00-18:30			Bane 8	17:00-18:30									
U9 (2009)			5-mands AB	17:30-19:00			5-mands AB	17:30-19:00									
U8 (2010)			5-mands CD	17:00-18:00			5-mands CD	17:00-18:00									
U7 (2011)			3-mands 123	17:00-18:00			3-mands 123	17:00-18:00									
U6 (2012)			3-mands 123	16:30-17:30													

Banenavn Størrelse Primær funktion Placering	Stadion 11-mands Kampbane Stadion	Bane 1 11-mands Træning Bag stadion	Bane 2 11-mands Træning Bag stadion	Bane 2 A 8-mands Træning Bag stadion	Bane 2 B 8-mands Træning Bag stadion	Bane 3 A 8-mands Træning Foran stadion	Bane 3 B 8-mands Træning Foran stadion	Bane 4 11-mands Kampbane Fodboldhus	Bane 5 11-mands Træning "Månen"	Bane 6 A 8-mands Træning Kunst	Bane 6 B 8-mands Træning Kunst	Bane 7 A 8-mands Træning Kunst	Bane 7 B 8-mands Træning Kunst	Bane 8 3 x 5-mands Træning Gl. Stadion	3-mands 3 x 3-mands Træning Svømmehal	A+B 2 x 5-mands Træning Svømmehal	C+D 2 x 5-mands Træning Svømmehal
Mandag																	
17:00 - 18:30	Sportscenter	Damefodbold	Damefodbold	Damefodbold	Damefodbold	U11	U13	Sportscenter	Ledig	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	U11	Sportscenter
18:30 - 20:00	Sportscenter	Damefodbold	Damefodbold	Damefodbold	Damefodbold	U11	U13	Sportscenter	Senior 1+2	U17	U15+U19	Sportscenter	Sportscenter	Sportscenter	Sportscenter	U11	Sportscenter
20:00 - 21:30	Sportscenter	Damefodbold	Damefodbold	Damefodbold	Damefodbold	Sportscenter	Sportscenter	Sportscenter	Ledig	U17	U15	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
Tirsdag							U12										
17:00 - 18:30	Sportscenter	Sportscenter	U15	Sportscenter	Sportscenter	U14	U12+U13	Sportscenter	Ledig	U14	U14	Sportscenter	Sportscenter	U10	U6+U7	U9	U8
18:30 - 20:00	Sportscenter	U17	U15	U19	Sportscenter	Senior 2	U13	Sportscenter	Senior 1	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	U9	U8
20:00 - 21:30	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Ledig	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
Onsdag																	
17:00 - 18:30	Sportscenter	Damefodbold	Damefodbold	Damefodbold	Damefodbold	U11	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
18:30 - 20:00	Sportscenter	Damefodbold	Damefodbold	Damefodbold	Damefodbold	U11	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Vet./OldBoys	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
20:00 - 21:30	Sportscenter	Damefodbold	Damefodbold	Damefodbold	Damefodbold	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
Torsdag							U12										
17:00 - 18:30	Sportscenter	Sportscenter	U15	Målmands	Sportscenter	U14	U12+U13	Sportscenter	Ledig	U14	U14	Sportscenter	Sportscenter	U10	U7	U9	U8
18:30 - 20:00	Sportscenter	U17	U15	U19	Sportscenter	Senior 2	U13	Sportscenter	Senior 1	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	U9	U8
20:00 - 21:30	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Ledig	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
Fredag																	
17:00 - 18:30	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
18:30 - 20:00	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
20:00 - 21:30	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
Lørdag																	
08:00 - 09:45	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Vet./OldBoys	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
10:00 - 12:00	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Ledig	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
12:00 - 14:00	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
14:00 - 16:00	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
Søndag																	
08:00 - 09:45	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
10:00 - 12:00	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
12:00 - 14:00	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter
14:00 - 16:00	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter	Sportscenter