

TRÄNINGSTURER 2019-2020

KL	Måndag			Tisdag		Onsdag		Torsdag		Fredag		Lördag		Söndag	
	Idrh	Kila	Bollh	Idrh	Bollh	Idrh	Kila	Idrh	KSH	Idrh	Bollh	Kila	Billnäs	Idrh	Kila
10.00-10.30												DP07	Bollsk	Matcher	Minipojkar
10.30-11.00												DP07	Bollsk	Matcher	Minipojkar
11.00-11.30												DP07		Matcher	Minipojkar
11.30-12.00												FP10		Matcher	Miniflickor
12.00-12.30												FP10		Matcher	Miniflickor
12.30-13.00												FP10		Matcher	Miniflickor
13.00-13.30														CP05	
13.30-14.00														CP05	
14.00-14.30														CP05	
14.30-15.00														DP08 /	
15.00-15.30														DP08 /	
15.30-16.00	EP09 /					DP07 / CP06		EF09 / FF10		DF08 / CP06				DP08 /	
16.00-16.30	EP09 / DF07		CP06	EF09, FF10 / DF08		DP07 / CP06		EF09 / FF10		DF08 / CP06					
16.30-17.00	CF06 / DF07		CP06	EF09, FF10 / DF08	CP05 (2/3 plan)	DP07 / BP		CF06 / DF07		DF08 / CP06	CF06				
17.00-17.30	CF06 / DF07		CP06	BP	CP05	BP	DP08	CF06 / DF07	EP09	Herrar	CF06				
17.30-18.00	BF			BP	CP05	BP	DP08	Herrar	EP09	Herrar	CF06				
18.00-18.30	BF	FP10		BP		CP05	DP08	Herrar	EP09	Herrar					
18.30-19.00	Byter 18.45	FP10		Herrar		CP05		Herrar	HobbyD					Damer	
19.00-19.30	Herrar	FP10		Herrar		BF		Byter 19.15	HobbyD					Damer	
19.30-20.00	Herrar			Herrar		BF		BF	HobbyD					BP	
20.00-20.30	Herrar			Herrar		BF		BF		Akad+AP				BP	
20.30-21.00	Akad+AP			Oldboys				BK-futsal		Akad+AP					
21.00-21.30	Akad+AP			Oldboys				BK-futsal		Akad+AP					
21.30-22.00	Akad+AP							BK-futsal							

BK-futsal 1.11->

IF Raseborg 7.10->

IF Raseborg 7.10->

Idrh = Karis idrottshall 15.8.2019-31.5.2020

Kila = Kiilan koulu 1.9.2019-30.4.2020

KSH = Karis svenska högstadium 1.9.2019-30.4.2020

Billnäs = Billnäs skola 1.9.2019-30.4.2020

Bollh = Ekenäs bollhall 19.8->