

Fordelt treningstid Uke 5 (31 januar - 6 februar 2022)

	Mandag		Tirsdag		Onsdag		Torsdag		Fredag			Lørdag		Søndag	
Treningstid	1/2 bane	1/2 bane	1/2 bane	1/2 bane	1/2 bane	1/2 bane	1/2 bane	1/2 bane	1/2 bane	1/2 bane	Treningstid	1/2 bane	1/2 bane	1/2 bane	1/2 bane
1430 - 1500							SFK Damer/Rekrutt		skoletrening	skoletrening	1030 - 1100				
15:00-1530							SFK Damer/Rekrutt		skoletrening	skoletrening	1100 - 1130				
15:30-1600			Sørli G 14	SFK G 14			SFK Damer/Rekrutt		skoletrening	skoletrening	1130 - 1200				
16:00-1630			Sørli G 14	SFK G 14	Egge G19/H	Egge G19/H	SFK G19	SFK G 14/G14 Sørli	Egge G14/16	Egge G19	1200 -1230				
16:30-1700	SFK Herre	SFK Herre	Sørli G 14	SFK G 14	Egge G19/H	Egge G19/H	SFK G19	SFK G 14/G14 Sørli	Egge G14/16	Egge G19	1230 - 1300				
17:00-1730	SFK Herre	SFK Herre	Egge J17/D	Egge J13/14/15	Egge G19/H	Egge G19/H	SFK G19	SFK G 14/G14 Sørli	Egge G14/16	Egge G19	1300-1330				
17:30-1800	SFK Herre	SFK Herre	Egge J17/D	Egge J13/14/15	SFK J17 / Damer	SFK J17 / Damer	Egge J14/15	Egge J17/D	SFK G16	SFK J14	1330 -1400				
18:00-1830	Egge G16	Egge G13/14	Egge J17/D	Egge J13/14/15	SFK J17 / Damer	SFK J17 / Damer	Egge J14/15	Egge J17/D	SFK G16	SFK J14	1400-1430	SFK-Heimdal G19	SFK-Heimdal G19		
18:30.1900	Egge G16	Egge G13/14	SFK G16/19	SFK G 16/19	SFK J17 / Damer	SFK J17 / Damer	Egge J14/15	Egge J17/D	SFK G16	SFK J14	1430 - 1500	SFK-Heimdal G19	SFK-Heimdal G19		
19:00-1930	Egge G16	Egge G13/14	SFK G16/19	SFK G 16/19	Egge G16	Egge G14	SFK Herre	SFK Herre			15:00-1530	SFK-Heimdal G19	SFK-Heimdal G19		
19:30-2000	Egge G19/H	Beitstad FK	SFK G16/19	SFK G 16/19	Egge G16	Egge G14	SFK Herre	SFK Herre			15:30-1600	SFK-Heimdal G19	SFK-Heimdal G19		
20:00-2030	Egge G19/H	Beitstad FK	Sørli G16	Sørli G16	Egge G16	Egge G14	SFK Herre	SFK Herre			16:00-1630				
20:30-2100	Innherred Senior/G19	Beitstad FK	Sørli G16	Sørli G16	SFK Integrering		Innherred Senior/G19	Innherred Senior/G19			16:30-1700				
21:00-2130	Innherred Senior/G19	Innherred Senior/G19	Sørli G16	Sørli G16	SFK Integrering		Innherred Senior/G19	Innherred Senior/G19			17:00-1730			SFK J 17	
21:30-2200	Innherred Senior/G19	Innherred Senior/G19			SFK Integrering		Innherred Senior/G19	Innherred Senior/G19			17:30-1800			SFK J 17	
22:00-2230											18:00-1830			SFK J 17	
22:30-2300											18:30.1900			SFK Rekrutt/Damer	SFK Rekrutt/Damer
											19:00-1930			SFK Rekrutt/Damer	SFK Rekrutt/Damer
											19:30-2000			SFK Rekrutt/Damer	SFK Rekrutt/Damer
											20:00-2030			SFK G 16	SFK G 14
											20:30-2100			SFK G 16	SFK G 14
											21:00-2130			SFK G 16	SFK G 14
											21:30-2200				