Alle haller fordelt treningstid for håndball/volleyball/basket/tennis/bedrift/student 2021 - 2022

Mandag Flerbrukshall

	Bane 1 Øst	Bane 1 Vest	Bane 2 øst	Bane 2 Vest	Bane 3 Øst	Bane 3 Vest
15:30-1600	SHK J15	SHK J15				
16:00-1630	SHK J15	SHK J15				
16:30-1700	SHK J15	SHK J15	SIL G12/SHK G12	SIL G12/SHK G12		
17:00-1730	SIL J11/SHK J11	SIL J11/SHK J11	SIL G12/SHK G12	SIL G12/SHK G12	SIL J12 (1/2 bane)	SHK G/J10
17:30-1800	SIL J11/SHK J11	SIL J11/SHK J11	SIL G11/SIL G10	SIL G11/SIL G10	SIL J12 (1/2 bane)	SHK G/J10
18:00-1830	SIL J13/SHK J13	SIL J13/SHK J13	SIL G11/SIL G10	SIL G11/SIL G10	SHK J/D	SHK J/D
18:30.1900	SIL J13/SHK J13	SIL J13/SHK J13	Egge J 13	Ogndal J13	SHK J/D	SHK J/D
19:00-1930	SIL J13/SHK J13	SIL J13/SHK J13	Egge J 13	Ogndal J13	SHK J/D	SHK J/D
19:30-2000	SHK J/Herrer	SHK J/Herrer	Egge J 13	Ogndal J13	SHK G16	SHK G15
20:00-2030	SHK J/Herrer	SHK J/Herrer	SSI	SSI	SHK G16	SHK G15
20:30-2100	SHK J/Herrer	SHK J/Herrer	SSI	SSI	SHK G16	SHK G15
21:00-2130			SSI	SSI		
21:30-2200			Fredrik Wasshaug	Fredrik Wasshaug		
22:00-2230			Fredrik Wasshaug	Fredrik Wasshaug		
22:30-2300						

Tirsdag

	Bane 1 Øst	Bane 1 Vest	Bane 2 øst	Bane 2 Vest	Bane 3 Øst	Bane 3 Vest
15:30-1600						
16:00-1630						
16:30-1700	Egge J-11	SHK J 8	SIL J14	SIL J14		
17:00-1730	Egge J-11	SHK J 8	SIL J14	SIL J14		
18:00-1830	SHK J/H	SHK J/H	SIL J14	SIL J14	Ogndal Damelag	Ogndal Damelag
18:30.1900	SHK J/H	SHK J/H	Steinkjer volley	Steinkjer volley	Ogndal Damelag	Ogndal Damelag
19:00-1930	SHK J/H	SHK J/H	Steinkjer volley	Steinkjer volley	Ogndal Damelag	Ogndal Damelag
19:30-2000	SHK J/D/16	SHK J/D/16	Steinkjer volley	Steinkjer volley	SHK G16	SHK G16
20:00-2030	SHK J/D/16	SHK J/D/16	Steinkjer volley	Steinkjer volley	SHK G16	SHK G16
20:30-2100	SHK J/D/16	SHK J/D/16	Steinkjer volley	Steinkjer volley	SHK G16	SHK G16

Onsdag

	Bane 1 Øst	Bane 1 Vest	Bane 2 øst	Bane 2 Vest	Bane 3 Øst	Bane 3 Vest
15:30-1600					Steinkjer tennis	Steinkjer tennis
16:00-1630					Steinkjer tennis	Steinkjer tennis
16:30-1700	SIL J13/SHK J13	SIL J13/SHK J13	Egge J-13	Ogndal J13	Steinkjer tennis	Steinkjer tennis
17:00-1730	SIL J13/SHK J13	SIL J13/SHK J13	Egge J-13	Ogndal J13	SHK J 10/11/SIL J10/J11	SHK J 10/11/SIL J10/J11
18:00-1830	SIL J13/SHK J13	SIL J13/SHK J13	Egge J-13	Ogndal J13	SHK J 10/11/SIL J10/J11	SHK J 10/11/SIL J10/J11
18:30.1900	SHK G 11	SHK G 11	SIL G10/SHK G10	SIL G10/SHK G10	SIL G12/SIL G11	SIL G12/SIL G11
19:00-1930	SHK G 11	SHK G 11	SIL G10/SHK G10	SIL G10/SHK G10	SIL G12/SIL G11	SIL G12/SIL G11
19:30-2000	SHK J/H	SHK J/H	SHK G15	SHK G15	SIL G12/SIL G11	SIL G12/SIL G11
20:00-2030	SHK J/H	SHK J/H	SHK G15	SHK G15	SHK J16	SHK J16
20:30-2100	SHK J/H	SHK J/H	SHK G15	SHK G15	SHK J16	SHK J16
21:00-2130	SHK J/H	SHK J/H	SSI	SSI	SHK J16	SHK J16
21:30-2200			SSI	SSI		
22:00-2230			SSI	SSI		
22:30-2300						

Torsdag

	Bane 1 Øst	Bane 1 Vest	Bane 2 øst	Bane 2 Vest	Bane 3 Øst	Bane 3 Vest
15:30-1600	SHK J15	SHK J15				
16:00-1630	SHK J15	SHK J15				
16:30-1700	SHK J15	SHK J15	SHK G 12	SHK G 9	SHK G15	SHK G15
17:00-1730	SHK J/D	SHK J/D	SHK G 12	SHK G 9	SHK G15	SHK G15
18:00-1830	SHK J/D	SHK J/D	SHK G 12	SIL J12/SIL J10	SHK G15	SHK G15
18:30.1900	Ogndal Damelag	Ogndal Damelag	SIL J12/SIL J10	SIL J12/SIL J10	By Basket	By Basket
19:00-1930	Ogndal Damelag	Ogndal Damelag	SIL J12/SIL J10	SIL J12/SIL J10	By Basket	By Basket
19:30-2000	Ogndal Damelag	Ogndal Damelag	Steinkjer volley	Steinkjer volley	By Basket	By Basket
20:00-2030	SHK J/H	SHK J/H	Steinkjer volley	Steinkjer volley	By Basket	By Basket
20:30-2100	SHK J/H	SHK J/H	Steinkjer volley	Steinkjer volley	By Basket	By Basket
21:00-2130	SHK J/H	SHK J/H	Bedriftsidretten	Bedriftsidretten	By Basket	By Basket
21:30-2200			Bedriftsidretten	Bedriftsidretten	By Basket	By Basket
22:00-2230			Bedriftsidretten	Bedriftsidretten	By Basket	By Basket
22:30-2300			Bedriftsidretten	Bedriftsidretten		

Fredag

	Bane 1 Øst	Bane 1 Vest	Bane 2 øst	Bane 2 Vest	Bane 3 Øst	Bane 3 Vest
15:30-1600						
16:00-1630	SHK G16	SHK G16			SHK J16	SHK J16
16:30-1700	SHK G16	SHK G16	SIL J14	SIL J14	SHK J16	SHK J16
17:00-1730	SHK G16	SHK G16	SIL J14	SIL J14	SHK J16	SHK J16
18:00-1830	SHK J/H	SHK J/H	SIL J14	SIL J14		
18:30.1900	SHK J/H	SHK J/H				

Mandag Friidretshall

	Felt 1	Felt 2	Felt 3
15:30-1600			
16:00-1630			
16:30-1700	SHK G/J10	SHK G 7	
17:00-1730	SHK G/J10	SHK G 7	
17:30-1800		SHK J 9	
18:00-1830		SHK J 9	
18:30.1900			
19:00-1930			
19:30-2000	SHK G16	Ikke balløkt	
20:00-2030	SHK G16	Ikke balløkt	
20:30-2100	SHK G16	Ikke balløkt	
21:00-2130			
21:30-2200			
22:00-2230			
22:30-2300			

Man.Gymsal

15:30-1600	
16:00-1630	
16:30-1700	
17:00-1730	Steinkjer turn
17:30-1800	Steinkjer turn
18:00-1830	Steinkjer turn
18:30.1900	Beitstad turn
19:00-1930	Beitstad turn
19:30-2000	Beitstad turn
20:00-2030	Beitstad turn
20:30-2100	Beitstad turn
21:00-2130	
21:30-2200	
22:00-2230	
22:30-2300	

Tirsdag Friidretshall

	Felt 1	Felt 2	Felt 3
15:30-1600			
16:00-1630			
16:30-1700	Egge J/G9	Egge J/G9	
17:00-1730	Egge J/G10	Egge J10	
17:30-1800			
18:00-1830			
18:30.1900			
19:00-1930			
19:30-2000			
20:00-2030			
20:30-2100			
21:00-2130			
21:30-2200			
22:00-2230			
22:30-2300			

Tir.Gymsal

15:30-1600	
16:00-1630	
16:30-1700	Steinkjer turn
17:00-1730	Steinkjer turn
17:30-1800	
18:00-1830	SHK G 9
18:30.1900	SHK G 9
19:00-1930	Steinkjer turn
19:30-2000	Steinkjer turn
20:00-2030	
20:30-2100	
21:00-2130	
21:30-2200	
22:00-2230	
22:30-2300	

Onsdag Friidretshall

	Felt 1	Felt 2	Felt 3
15:30-1600			
16:00-1630			
16:30-1700	SHK J 9		
17:00-1730	SHK J 9		
17:30-1800			
18:00-1830	SIL J8	SIL J8	
18:30.1900	SIL J8	SIL J8	
19:00-1930			
19:30-2000			
20:00-2030			
20:30-2100			
21:00-2130			
21:30-2200			
22:00-2230			
22:30-2300			

Ons.Gymsal

15:30-1600	
16:00-1630	
16:30-1700	
17:00-1730	SHK G 6
17:30-1800	SHK G 6
18:00-1830	SHK G 8
18:30.1900	SHK G 8
19:00-1930	
19:30-2000	
20:00-2030	
20:30-2100	
21:00-2130	
21:30-2200	
22:00-2230	
22:30-2300	

Torsdag Friidretshall

	Felt 1	Felt 2	Felt 3
15:30-1600			
16:00-1630			
16:30-1700			
17:00-1730		SIL G 8	
17:30-1800	SHK J 7	SIL G 8	
18:00-1830	SHK J 7	SIL G 8	
18:30.1900			
19:00-1930			
19:30-2000			
20:00-2030			
20:30-2100			
21:00-2130			
21:30-2200			
22:00-2230			
22:30-2300			

Tor. Gymsal

15:30-1600	
16:00-1630	
16:30-1700	Steinkjer turn
17:00-1730	Steinkjer turn
17:30-1800	SHK J 6
18:00-1830	SHK J 6
18:30.1900	Beitstad turn
19:00-1930	Beitstad turn
19:30-2000	Beitstad turn
20:00-2030	Beitstad turn
20:30-2100	Beitstad turn
21:00-2130	
21:30-2200	
22:00-2230	
22:30-2300	

Fredag Friidretshall

	Felt 1	Felt 2	Felt 3
15:30-1600			
16:00-1630			
16:30-1700			
17:00-1730			
17:30-1800			
18:00-1830			
18:30.1900			

Fre.Gymsal

15:30-1600	
16:00-1630	
16:30-1700	Steinkjer turn
17:00-1730	Steinkjer turn
17:30-1800	Steinkjer turn
18:00-1830	Steinkjer turn
18:30.1900	