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	SIL J11/SHK J11	SIL J11/SHK J11
17:00-1730	SIL J12 (1/2 bane)	SHK J9	SIL G12/SHK G12	SIL G12/SHK G12	SIL J11/SHK J11	SIL J11/SHK J11
17:30-1800	SIL J12 (1/2 bane)	SHK J9	SIL G11/SIL G10	SIL G11/SIL G10		
18:00-1830	SIL J13/SHK J13	SIL J13/SHK J13	SIL G11/SIL G10	SIL G11/SIL G10	SHK J16/J20	SHK J16/J20
18:30-1900	SIL J13/SHK J13	SIL J13/SHK J13	Egge J 13	Ogndal J13	SHK J16/J20	SHK J16/J20
19:00-1930	SIL J13/SHK J13	SIL J13/SHK J13	Egge J 13	Ogndal J13	SHK J16/J20	SHK J16/J20
19:30-2000	SHK G16	SHK G16	Egge J 13	Ogndal J13	SHK G15	SHK G15
20:00-2030	SHK G16	SHK G16	SSJ	SSJ	SHK G15	SHK G15
20:30-2100	SHK G16	SHK G16	SSJ	SSJ	SHK G15	SHK G15
21:00-2130			SSJ	SSJ		
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		
17:30-1800			SIL J14	SIL J14		
18:00-1830	SHK G16/G20	SHK G16/G20	SIL J14	SIL J14	Ogndal Damelag	Ogndal Damelag
18:30-1900	SHK G16/G20	SHK G16/G20	Steinkjer volley	Steinkjer volley	Ogndal Damelag	Ogndal Damelag
19:00-1930	SHK G16/G20	SHK G16/G20	Steinkjer volley	Steinkjer volley	Ogndal Damelag	Ogndal Damelag
19:30-2000	SHK Herre	SHK Herre	Steinkjer volley	Steinkjer volley	SHK Dame	SHK Dame
20:00-2030	SHK Herre	SHK Herre	Steinkjer volley	Steinkjer volley	SHK Dame	SHK Dame
20:30-2100	SHK Herre	SHK Herre	Steinkjer volley	Steinkjer volley	SHK Dame	SHK Dame
21:00-2130						
21:30-2200						
22:00-2230						
22:30-2300						

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 10/11/14, J10/J11	SHK J10/11/14, J10/J11
17:30-1800	SIL J13/SHK J13	SIL J13/SHK J13	Egge J-13	Ogndal J13	SHK J 10/11/14, J10/J11	SHK J 10/11/14, J10/J11
18:00-1830	SHK G 11	SHK G 11	SIL G10/SHK G10	SIL G10/SHK G10	SIL G12/SIL G11	SIL G12/SIL G11
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 kamp	SHK kamp	SHK G15	SHK G15	SIL G12/SIL G11	SIL G12/SIL G11
19:30-2000	SHK kamp	SHK kamp	SHK G15	SHK G15	SHK J16/J20	SHK J16/J20
20:00-2030	SHK kamp	SHK kamp	SHK G15	SHK G15	SHK J16/J20	SHK J16/J20
20:30-2100	SHK kamp	SHK kamp	SSJ	SSJ	SHK J16/J20	SHK J16/J20
21:00-2130			SSJ	SSJ		
21:30-2200			SSJ	SSJ		
22:00-2230						
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 G16	SHK G16
17:00-1730	SHK J20	SHK J20	SHK G 12	SHK G 9	SHK G16	SHK G16
17:30-1800	SHK J20	SHK J20	SHK G 12	SHK G 9	SHK G16	SHK G16
18:00-1830	SHK J20	SHK J20	SIL J12/SIL J10	SIL J12/SIL J10	By Basket	By Basket
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	Steinkjer volley	Steinkjer volley	By Basket	By Basket
19:30-2000	Ogndal Damelag	Ogndal Damelag	Steinkjer volley	Steinkjer volley	By Basket	By Basket
20:00-2030	SHK Herre	SHK Herre	Steinkjer volley	Steinkjer volley	By Basket	By Basket
20:30-2100	SHK Herre	SHK Herre	Steinkjer volley	Steinkjer volley	By Basket	By Basket
21:00-2130	SHK Herre	SHK Herre	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	SHK G15	SHK G15			SHK J16	SHK J16
16:00-1630	SHK G15	SHK G15			SHK J16	SHK J16
16:30-1700	SHK G15	SHK G15	SIL J14	SIL J14	SHK J16	SHK J16
17:00-1730	SHK G20	SHK G20	SIL J14	SIL J14		
17:30-1800	SHK G20	SHK G20	SIL J14	SIL J14		
18:00-1830	SHK G20	SHK G20				

Lørdag

	Bane 1 Øst	Bane 1 Vest	Bane 2 øst	Bane 2 Vest	Bane 3 Øst	Bane 3 Vest

Søndag

	Bane 1 Øst	Bane 1 Vest	Bane 2 øst	Bane 2 Vest	Bane 3 Øst	Bane 3 Vest

Mandag Friidrethall / Man.Gymsal

	Felt 1	Felt 2	Felt 3	Man.Gymsal
15:30-1600				
16:00-1630				
16:30-1700	SHK G10	SHK G 7		Steinkjer turn
17:00-1730	SHK G10	SHK G 7		Steinkjer turn
17:30-1800	SHK G11	SHK J10		Steinkjer turn
18:00-1830	SHK G11	SHK J10		Beitstad turn
18:30-1900				Beitstad turn
19:00-1930				Beitstad turn
19:30-2000				Beitstad turn
20:00-2030				Beitstad turn
20:30-2100				
21:00-2130				
21:30-2200				
22:00-2230				
22:30-2300				

Tirsdag Friidretshall / Tir.Gymsal

	Felt 1	Felt 2	Felt 3	Tir.Gymsal
15:30-1600				
16:00-1630				
16:30-1700	Egge J/G9	Egge J/G9		Steinkjer turn
17:00-1730	Egge J/G10	Egge J10		Steinkjer turn
17:30-1800				
18:00-1830				SHK G 9
18:30-1900				SHK G 9
19:00-1930				Stainkjer 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 / Ons.Gymsal

	Felt 1	Felt 2	Felt 3	Ons.Gymsal
15:30-1600				
16:00-1630				
16:30-1700	SHK I 9			SHK G 6
17:00-1730	SHK I 9			SHK G 6
17:30-1800	SIL J8	SIL J8		SHK G 8
18:30-1900	SIL J8	SIL J8		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 / Tor. Gymsal

	Felt 1	Felt 2	Felt 3	Tor. Gymsal
15:30-1600				
16:00-1630				
16:30-1700		SIL G 8		Steinkjer turn
17:00-1730	SHK J 7	SIL G 8		Steinkjer turn
17:30-1800	SHK J 7	SIL G 8		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 / Fre.Gymsal

	Felt 1	Felt 2	Felt 3	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				Stainkjer turn
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				

Lørdag Friidretshall / Lør.Gymsal

	Felt 1	Felt 2	Felt 3	Lør.Gymsal

Søn.Friidretshall / Søn.Gymsal

	Felt 1	Felt 2	Felt 3	Søn.Gymsal
15:30-1600				
16:00-1630				
16:30-1700				Steinkjer ski klubb
17:00-1730				Steinkjer ski klubb
17:30-1800				Steinkjer ski klubb
18:00-1830				Steinkjer ski klubb
18:30-1900				
19:00-1930				Beitstad turn
19:30-2000				Beitstad turn
20:00-2030				
20:30-2100				
21:00-2130				
21:30-2200				
22:00-2230				
22:30-2300				