# GKF træningsplan fra 1 okt 2018

| Dag | Hal 1 | Tid | Hold | Træner | Hal 2 | Tid | Hold | Træner | Tid | Hold | Træner | Off-ice/ballet/rotator |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Mandag** | 1 | 14.15-15.00 | trænermøde (ikke på isen) | N-D-G-Julia-Julie | | | | | | | | |
| | 1 | 15.30-16.05 | program | Dima + (G/N/J) | 2 | 15.15-16.00 | E3 + EK3 | G+N + Julie | | | | |
| | 1 | 16.05-17.05 | E1 + program | N + D | 2 | 16.00-16.45 | EK2 + E2 | G + Julie | 15.05-16.35 | E1/M2 | Julia | rotator |
| | 1 | 17.15-18.00 | Skøjteskolen | N+ D+ ht | 2 | 16.45-17:30 | M1+ M2 | G + Julie | 17.00-17:45 | EK2 | Julia | off ice |
| | 1 | 18.10-18:55 | M2 + program | D+N | | | | | 17.45-18.45 | M1 | Julia | rotator |
| | 1 | 18.55-19.40 | M1 + program | N+Dima | | | | | 18:50-19:40 | EK1 + Spotshold | Julia | off ice |
| | 1 | 19.50-20.35 | EK1+ Sportshold | Dima+ Nadia | | | | | 19.50-20.05 | M1 | Julia | rotator |
| | 1 | 20.35-21.30 | Voksenhold | Dima+ Julia | | | | | | | | |
| **Tirsdag** | 1 | 15.30-16.15 | F3 | G + N/D | 2 | 15.15-16.00 | Program | N/Dima | 15.35-16.05 | M1 | Julia | rotator |
| | 1 | 16.15-17.00 | E2 + EK2 | G+N | 2 | 16.15-17.00 | M1 | Dima | 16.25-17.05 | F3 | Julia | off ice |
| | | | | | 2 | 17.00-18.00 | E1+ M2 | N+Dima | 17:15-18:00 | M1 | Julia | off ice |
| | | | | | | | | | 18.00-19.00 | M1 | Dima | rotator |
| | | | | | | | | | 18.10-19.00 | M2+ E1 | Julia | off ice |
| **Onsdag** | 1 | 15.30-16.15 | E2 | Julie | 2 | 15.15-16.00 | E3 + EK3 | Dima + Julia | 16.10-16.55 | E3+EK3 | Julia | off ice |
| | 1 | 16.15-17.00 | E1 | Julie | 2 | 16.00-16.45 | M1+M2 | Dima | 16:25-17.20 | E2 | Anne Claire | ballet |
| | 1 | 17.10-18.00 | EK1 +M1+M2 | D+Julie | | | | | 17.20-18.00 | E2 | Julia | rotator |
| | | | | | | | | | 17.20-18.15 | E1 + (EK2) | Anne Claire | ballet |
| | | | | | | | | | 18.15-19.30 | E1 | Julie | rotator |
| | | | | | | | | | 18.15-19.10 | EK1 + M1+M2 | Anne Claire | ballet |
| **Torsdag** | | | | | 2 | 14.15-15.00 | Søgårdskolen | G | | | | |
| | | | | | 2 | 15:15-15:45 | Program | G | | | | |
| | | | | | 2 | 15.45-16.30 | F2 | G + (Siri B) | | | | |
| | | | | | 2 | 16:45-17:15 | F2 program | G + Siri B | | | | |
| | | | | | 2 | 17.15-18.00 | F1 | G + Siri B | 18:10-18:55 | F1 | Grazyna | off ice |
| **Fredag** | | | | | 2 | 15.15-16.00 | EK2 | Dima | | | | |
| | 1 | 15.30-16.15 | E3+EK3 | N + Julia | 2 | 16.15-17.15 | E1 | Dima | 16.25-17:10 | E3 + EK3 | Julia | off ice |
| | | 16.15-17.00 | E2 | N | 2 | 17:15-18:30 | M1+M2 | N+Dima | 17:10-18:00 | E2 | Julia | off ice |
| | | | | | | | | | 18.00-18.50 | E2 | Julia | rotator |
| | | | | | | | | | 18:45-19:30 | M1+M2 | Julia+Dima | off ice |
| **Lørdag** | 1 | 8.10-9.00 | E3 + EK3 | Dima + Julia | | | | | | | | |
| | 1 | 9.00-9.50 | E2 | Dima | | | | | 09.05-9:50 | E1 | Julia | off ice |
| | 1 | 10.00-10.55 | E1+M2 | Dima+G | | | | | 10.00-10:50 | E2 | Julia | off ice |
| | 1 | 11.05-12.00 | Skøjteskolen | Dima+G+ht | | | | | 11.05-11:55 | M2 | Julia | off ice |
| | 1 | 12.10-13.00 | M1 | Dima | | | | | 12.10-13.00 | EK2 | Julia | off ice |
| | | | | | 2 | 12.25-13.05 | EK1 + Sportshold | G | 13.10-14.00 | M1 | Julia | off ice |
| | | | | | 2 | 13.05-13.45 | EK2+F1 | G + Dima | 15.00-15.45 | F2 | Grazyna + ht | off ice |
| | | | | | 2 | 14.00-14.45 | F3 + F2 | G + Amalie + (ht) | | | | |
| | | | | | | | | | | | | |
| **Søndag** | | | | | | | | | | | | |
| | | | | | 2 | 8.00-8.50 | E1 + EK1 | N | | | | |
| | | | | | 2 | 8.50-9.35 | F1 + EK2 | N + Leonora | | | | |
| | | | | | 2 | 9.50-10.45 | M1+M2 | N + Leonora | | | | |
| | | | | | 2 | 10.45-11.45 | Familieholdet | N + ht | | | | |