

Træningsplan fra d.15.Oktober

| Dag | Hal 1 | Tid | Hold | Træner | Hal 2 | Tid | Hold | Træner | Tid | Hold | Træner | Off-ice/dans |
|----------------|-------|-------------|--------------------|---------------|--------------------------------------|-------------|---------------------------------|---------|-------------|--------------------|--------|--------------|
| Mandag | | | | | | | | | | | | |
| | 1 | 15.30-16.15 | E2Springs | N | 2 | 15.15-16.00 | E2Cubs | G | 16.25-17.10 | E2 | J | off ice |
| | 1 | 16.15-17.00 | (F2y + F2o tilkøb) | N + (G) | 2 | 16.00-16.45 | M (EK1 tilkøb) | D | 17.10-17.40 | E2Cubs | J | rotator |
| | 1 | 17.10-17.55 | Skøjteskolen | G + N | 2 | 16.45-17.30 | M + E1 | D | 17.40-18.25 | M | J | off ice |
| | 1 | 18.05-18:50 | F1 | N + (D) | | | | | 17.55-18.40 | EK2 | G | off ice |
| | 1 | 18.50-19.35 | EK2 | G + (N) + (D) | | | | | 18.45-19.30 | EK1 | J | off ice |
| | 1 | 19.45-20.35 | EK1 | D + (N) | | | | | 19.50-20.20 | Voksenhold | J | off ice |
| | 1 | 20.35-21.30 | Voksenhold | D + J | | | | | | | | |
| Tirsdag | | | | | | | | | | | | |
| | 1 | 15.30-16.15 | E2Cubs | D | 2 | 15.15-16.00 | E3 | J + G | | | | |
| | 1 | 16.15-17.00 | EK2 + F1 | G | 2 | 16.15-17.00 | E2Springs | D | 16.25-17.10 | E2Cubs | J | off ice |
| | | | | | 2 | 17.00-18.00 | M + E1 | D + G | 17.10-18.10 | E2Springs | J | rotator |
| | | | | | | | | | 18.10-18.55 | M + E1 | J | off ice |
| | | | | | | | | | 18.10-18.55 | Kontortid | D | |
| Onsdag | | 14.15-15.00 | Trænermøde | D + G + J + N | | | | | | | | |
| | 1 | 15.30-16.15 | E2Cubs | G + (D) | 2 | 15.15-16.00 | E3 | J + N | | | | |
| | 1 | 16.15-17.00 | E2Springs | D + G | 2 | 16.00-16.45 | M + E1 | N | | | | |
| | 1 | 17.10-18.00 | M + EK1 | D + N + (G) | | | | | 16.10-16.55 | E3 | J | off ice |
| | | | | | | | | | 17.10-18.10 | E2Springs | J | rotator |
| Torsdag | | | | | | | | | | | | |
| | | | | | 2 | 15.15-16.05 | F2y | G | | | | |
| | | | | | 2 | 16.05-16.55 | F2o | G | | | | |
| | | | | | 2 | 17.10-18.00 | F1 + EK2 | G | 18.10-18.55 | F1+EK2 | G | off ice |
| Fredag | | | | | is kørsel kl 15.00, træning kl 15.30 | | | | | | | |
| | | | | | 2 | 15.30-16.15 | E3 | J + N | | | | |
| | 1 | 15.30-16.15 | E2Cubs | D | 2 | 16.15-17.15 | M + E1 | D | 16.25-17.10 | E2Cubs | J | rotator |
| | 1 | 16.15-17.00 | E2Springs | N | 2 | 17:30-18:30 | EK2 | N + (D) | 17.25-18.10 | M + E1 + E2Springs | J | off ice |
| | | | | | | | | | 18.10-18.40 | E1 | J | rotator |
| Lørdag | | | | | | | | | | | | |
| | 1 | 8.10-9.00 | E3 | D + J | | | | | | | | |
| | 1 | 9.00-9.45 | E2Cubs | D | | | | | 9.10-9.55 | E3 | J | off ice |
| | 1 | 9:55-10.40 | E2Springs | G + D | | | | | 10.55-11.25 | E1 | J | rotator |
| | 1 | 10.40-11.25 | F2y | G + (D) | | | | | 11.35-12.20 | F2y | J | off ice |
| | 1 | 11.35-12.30 | M + E1 | G + D | | | | | 12.40-13.25 | M | J | rotator |
| | 1 | 12.40-13.25 | Skøjteskolen | D | 2 | 13.05-13.55 | EK2 | G | | | | |
| | | | | | 2 | 13.55-14.45 | F2o | G | | | | |
| | | | | | | | | | 15.00-15.45 | F2o | G | off ice |
| Søndag | | | | | | | | | | | | |
| | | | | | 2 | 8.00-8.45 | (F1 tilkøb + Voksenhold tilkøb) | N | | | | |
| | | | | | 2 | 8.45-9.35 | M + E1 | N | | | | |
| | | | | | 2 | 9.50-10.50 | Familiehold | N | 9.50-10.40 | M + E1 | K | dans |
| | | | | | 2 | 10.50-11.45 | EK1 (E1) | N | 10.55-11.45 | E2 | K | dans |
| | | | | | | | | | 12.00-12.50 | EK1 + EK2 | K | dans |