

TRÆNINGSPLAN - VINTER 2025/26

GÆLDENDE: 20.10.2025 - 31.3.2026



BANE 4A 1 x 8M	BANE 4B 1 x 8M	BANE 5AB (KUNST) 1 x 8M / 2 x 5M	BANE 5AB (KUNST) 1 x 8M / 2 x 5M	SPEKTRUM HAL 2 Indendørs	SPEKTRUM MULTIHALLEN Indendørs
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MANDAG					
MANDAG	16:30	U8 Dreng 2018	U10 Dreng 2016	U8 Dreng 2018	U10 Dreng 2016
	17:00				
	17:30	U15 Dreng 2011	U14 Dreng 2012	U15 Dreng 2011	U14 Dreng 2012
	18:00				
	18:30	3. Division Herrer SENIOR	U16 Dreng 2010	3. Division Herrer SENIOR	U16 Dreng 2010
	19:00				
	19:30				
	20:00	OLD BOYS +32	DISPONIBEL OPLANDSKLUB	OLD BOYS +32	GYLLING BOLDKLUB
	20:30				
	21:00				
	21:30				

TIRSDAG					
TIRSDAG	16:30	U11 Dreng 2015	U12 Dreng 2014	U11 Dreng 2015	U12 Dreng 2014
	17:00				
	17:30	U14-15 Piger 2011/12	U16-17 Piger 2009/10	U8-10 Piger 2016/17/18	U11-13 Piger 2013/14/15
	18:00				U13 Dreng 2013
	18:30	3. Division Herrer SENIOR	Jyllandsserie Herrer SENIOR	3. Division Herrer SENIOR	Jyllandsserie Herrer SENIOR
	19:00				
	19:30				
	20:00	U19 Dreng 2007/2008	Serie 2 & 3 Herrer SENIOR	U19 Dreng 2007/2008	Serie 2 & 3 Herrer SENIOR
	20:30				
	21:00				
	21:30				

ONSDAG					
ONSDAG	16:30	U9 Dreng 2018	U10 Dreng 2016	U9 Dreng 2018	U10 Dreng 2016
	17:00				
	17:30	U15 Dreng 2011	U14 Dreng 2012	U15 Dreng 2011	U14 Dreng 2012
	18:00				
	18:30	Serie 1 Kvinder SENIOR	U16 Dreng 2010	Serie 1 Kvinder SENIOR	U16 Dreng 2010
	19:00				
	19:30				
	20:00	ODDER RUGBY	ODDER RUGBY	OLD GIRLS +29	RANDEV BOLDKLUB
	20:30				
	21:00				
	21:30				



BANE 4A 1 x 8M	BANE 4B 1 x 8M	BANE 5AB (KUNST) 1 x 8M / 2 x 5M	BANE 5AB (KUNST) 1 x 8M / 2 x 5M	SPEKTRUM HAL 2 Indendørs	SPEKTRUM MULTIHALLEN Indendørs
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TORS DAG					
TORS DAG	16:30	U11 Dreng 2015	U12 Dreng 2014	U11 Dreng 2015	U12 Dreng 2014
	17:00				
	17:30	U13 Dreng 2013	U11-13 PIGER 2013/14/15	U16-17 Piger 2009/10	U14-15 Piger 2011/12
	18:00				
	18:30	U13 Dreng 2013			
	19:00	3. Division Herrer SENIOR	Jyllandsserie Herrer SENIOR	3. Division Herrer SENIOR	Jyllandsserie Herrer SENIOR
	19:30				
	20:00				
	20:30	U19 Dreng 2007/2008	Serie 2 & 3 Herrer SENIOR	U19 Dreng 2007/2008	Serie 2 & 3 Herrer SENIOR
	21:00				
	21:30				

FREDAG					
FREDAG	16:30	U14 Dreng 2012	Talenttræning B&U	U14 Dreng 2012	Talenttræning B&U
	17:00				
	17:30				
	18:00				
	18:30				
	19:00				
	19:30				
	20:00				
	20:30				
	21:00				
	21:30				

LØRDAG					
LØRDAG	09:00	OLD BOYS	OLD BOYS	OLD BOYS	OLD BOYS
	09:30				
	10:00				
	10:30	U8 Dreng 2018	U9 Dreng 2017	U8 Dreng 2018	U9 Dreng 2017
	11:00				
	11:30				
	12:00				
	12:30				
	13:00				
	13:30				
	14:00				