

Mandag			Tysdag			Onsdag			Torsdag			Fredag			
Tidspunkt	Bane 1	Bane 2	Tidspunkt	Bane 1	Bane 2	Tidspunkt	Bane 1	Bane 2	Tidspunkt	Bane 1	Bane 2	Tidspunkt	Bane 1	Bane 2	
14:30-15:00	Skule		14:30-15:00			14:30-15:00	Skule		14:30-15:00	Skule		14:30-15:00			
15:00-15:30			15:00-15:30	Handball/ledig		15:00-15:30		Handball / Ledig	15:00-15:30			15:00-15:30			
15:30-16:00	Keeper		15:30-16:00		Handball / Ledig	15:30-16:00			15:30-16:00			15:30-16:00			
16:00-16:30		Volleyball	16:00-16:30			16:00-16:30	Elite		16:00-16:30			16:00-16:30	J16/15	Volleyball	
16:30-17:00			16:30-17:00	J14		16:30-17:00		Handball / Ledig	16:30-17:00	J10	Volda Kommune	16:30-17:00			
17:00-17:30	J13 og J14		17:00-17:30		J13	17:00-17:30	G 9/10	J/G 8	J/G 7	17:00-17:30			17:00-17:30		J13 og J14
17:30-18:00			17:30-18:00	J11	J10	17:30-18:00				17:30-18:00	Elite		17:30-18:00		
18:00-18:30			18:00-18:30			18:00-18:30	G 11/12			18:00-18:30		J11	18:00-18:30		
18:30-19:00	Elite		18:30-19:00	Elite	Volda Kommune	18:30-19:00		J12		18:30-19:00	J12	G 11/12	18:30-19:00		Elite
19:00-19:30			19:00-19:30			19:00-19:30				19:00-19:30			19:00-19:30		
19:30-20:00			19:30-20:00			19:30-20:00	3.Div - Heimekamp 3.div / J18	Volleyball		19:30-20:00			19:30-20:00		
20:00-20:30	J16/J15		20:00-20:30	3.Div	Volleyball	20:00-20:30				20:00-20:30	3.Div	Volleyball	20:00-20:30		Handball / Ledig
20:30-21:00			20:30-21:00			20:30-21:00				20:30-21:00			20:30-21:00		
21:00-21:30	3. div	21:00-21:30			21:00-21:30	J16/15	Volda Kommune		21:00-21:30			21:00-21:30	Handball / Ledig		
21:30-22:00		21:30-22:00	Volda Kommune		21:30-22:00				21:30-22:00	Handball / Ledig		21:30-22:00			
22:00-22:30		22:00-22:30			22:00-22:30				22:00-22:30			22:00-22:30			

17:00-17:30  
17:30-18:00 //G 6 Aktivitetssal