

Kamp og treningsplan Remyra kunstgress

| UKE | Tidspunkt | Mandag             | Tirsdag    | Onsdag                | Torsdag                               | Fredag     | Lørdag     | Søndag     |
|-----|-----------|--------------------|------------|-----------------------|---------------------------------------|------------|------------|------------|
| 42  |           | 16.10.2017         | 17.10.2017 | 18.10.2017            | 19.10.2017                            | 20.10.2017 | 21.10.2017 | 22.10.2017 |
|     | 1600-1630 |                    |            |                       |                                       |            |            |            |
|     | 1630-1700 |                    |            |                       |                                       |            |            |            |
|     | 1700-1730 |                    |            |                       |                                       |            |            |            |
|     | 1730-1800 |                    |            |                       |                                       |            |            |            |
|     | 1800-1830 |                    |            |                       |                                       |            |            |            |
|     | 1830-1900 |                    |            |                       |                                       |            |            |            |
|     | 1900-1930 | J13 - Lånke (1830) |            | J14 - Tangmoen (1830) | G14 - Hegra (1830) J15 - Orkla (1830) |            |            |            |
|     | 1930-2000 |                    |            |                       |                                       |            |            |            |
|     | 2000-2030 |                    |            |                       |                                       |            |            |            |
|     | 2030-2100 |                    |            |                       |                                       |            |            |            |
|     | 2100-2130 |                    |            |                       |                                       |            |            |            |
|     | 2130-2200 |                    |            |                       |                                       |            |            |            |
| 43  |           | 23.10.2017         | 24.10.2017 | 25.10.2017            | 26.10.2017                            | 27.10.2017 | 28.10.2017 | 29.10.2017 |
|     | 1600-1630 |                    |            |                       |                                       |            |            |            |
|     | 1630-1700 |                    |            |                       |                                       |            |            |            |
|     | 1700-1730 |                    |            |                       |                                       |            |            |            |
|     | 1730-1800 |                    |            |                       |                                       |            |            |            |
|     | 1800-1830 |                    |            |                       |                                       |            |            |            |
|     | 1830-1900 |                    |            |                       |                                       |            |            |            |
|     | 1900-1930 |                    |            |                       |                                       |            |            |            |
|     | 1930-2000 |                    |            |                       |                                       |            |            |            |
|     | 2000-2030 |                    |            |                       |                                       |            |            |            |
|     | 2030-2100 |                    |            |                       |                                       |            |            |            |
|     | 2100-2130 |                    |            |                       |                                       |            |            |            |
|     | 2130-2200 |                    |            |                       |                                       |            |            |            |
| 44  |           | 30.10.2017         | 31.10.2017 | 01.11.2017            | 02.11.2017                            | 03.11.2017 | 04.11.2017 | 05.11.2017 |
|     | 1600-1630 |                    |            |                       |                                       |            |            |            |
|     | 1630-1700 |                    |            |                       |                                       |            |            |            |
|     | 1700-1730 |                    |            |                       |                                       |            |            |            |
|     | 1730-1800 |                    |            |                       |                                       |            |            |            |
|     | 1800-1830 |                    |            |                       |                                       |            |            |            |
|     | 1830-1900 |                    |            |                       |                                       |            |            |            |
|     | 1900-1930 |                    |            |                       |                                       |            |            |            |
|     | 1930-2000 |                    |            |                       |                                       |            |            |            |
|     | 2000-2030 |                    |            |                       |                                       |            |            |            |
|     | 2030-2100 |                    |            |                       |                                       |            |            |            |
|     | 2100-2130 |                    |            |                       |                                       |            |            |            |
|     | 2130-2200 |                    |            |                       |                                       |            |            |            |
| 45  |           | 06.11.2017         | 07.11.2017 | 08.11.2017            | 09.11.2017                            | 10.11.2017 | 11.11.2017 | 12.11.2017 |
|     | 1600-1630 |                    |            |                       |                                       |            |            |            |
|     | 1630-1700 |                    |            |                       |                                       |            |            |            |
|     | 1700-1730 |                    |            |                       |                                       |            |            |            |
|     | 1730-1800 |                    |            |                       |                                       |            |            |            |
|     | 1800-1830 |                    |            |                       |                                       |            |            |            |
|     | 1830-1900 |                    |            |                       |                                       |            |            |            |
|     | 1900-1930 |                    |            |                       |                                       |            |            |            |
|     | 1930-2000 |                    |            |                       |                                       |            |            |            |
|     | 2000-2030 |                    |            |                       |                                       |            |            |            |
|     | 2030-2100 |                    |            |                       |                                       |            |            |            |
|     | 2100-2130 |                    |            |                       |                                       |            |            |            |
|     | 2130-2200 |                    |            |                       |                                       |            |            |            |

Oppdatert: 14.07.2017, Ulf Kristian Aaring

Grå = kamp

Gul = utleie

- 1)
- 2)
- 3)
- 4)