

OPPEGÅRD IL TRENINGSTIDER SESONGEN 2017/2018

MANDAG								
	GREVERUD	ØGI	ØGI Trimrom	ØGI styrkerom	ØSTU	Flåtestad	Ingjeråsen	Helleråsen
16.00-16.30	Turn	Kolbotn	Kolbotn		HB PUTTE	Bordtennis		Fotball
16.30-17.00	Turn	Kolbotn	Kolbotn		HB PUTTE	Bordtennis		Fotball
17.00-17.30	Turn	Kolbotn	Kolbotn		Ledig	Bordtennis		Fotball
17.30-18.00	Turn	Kolbotn	Kolbotn		Ledig	Bordtennis		Fotball
18.00-18.30	Turn	Kolbotn	Kolbotn	Åpent	Ledig	Bordtennis		Friddrett
18.30-19.00	Turn	Kolbotn	Kolbotn	for	Ledig	Bordtennis		Friddrett
19.00-19.30	HB J07/G08	Kolbotn		alle	Skjgrupper	Bordtennis	HB J06	Friddrett
19.30-20.00	HB J07/G08	Kolbotn			Skjgrupper	Bordtennis	HB J06	Friddrett
20.00-20.30	HB J05/G05	Kolbotn			Skjgrupper	Bordtennis		
20.30-21.00	HB J05/G05	Kolbotn			Skjgrupper	Bordtennis		
21.00-21.30	HB D3/J18	Kolbotn			Skjgrupper	Bordtennis		
21.30-22.00	HB D3/J18	Kolbotn			Skjgrupper	Bordtennis		
22.00-22.30	HB D3/J18	Kolbotn						
22.30-23.00	Ledig	Kolbotn						

TIRSDAG									
	GREVERUD	ØGI	ØGI Trimrom	ØGI styrkerom	ØSTU	Flåtestad	Ingjeråsen	Helleråsen	Sofiemyr
16.00-16.30	HB TG2	HB G09/G05	HB G09/G05		Bordtennis			Friddrett	
16.30-17.00	HB TG2	HB G09/G05	HB J08/G07		Bordtennis			Friddrett	
17.00-17.30	HB TG1	HB J08/G07	HB J08/G07		Bordtennis			Friddrett	
17.30-18.00	HB TG1	HB J08/G07	HB J08/G07		Bordtennis			Friddrett	
18.00-18.30	Kolbotn	Badminton	HB J08/G07		Bordtennis			Friddrett	
18.30-19.00	Kolbotn	Badminton	Aerobic	HB D6	Bordtennis			Friddrett	
19.00-19.30	Kolbotn	Badminton	Aerobic	HB D6	Bordtennis		HB G06	Fotball	HB G03
19.30-20.00	Kolbotn	Badminton	Aerobic	HB D3/J18	Bordtennis		HB G06	Fotball	HB G03
20.00-20.30	Kolbotn	Badminton*	HB D3/J18	HB D3/J18	Bordtennis	ledig	HB G06		
20.30-21.00	Kolbotn	HB D3/J18*	HB D3/J18		Bordtennis	ledig	Ledig		
21.00-21.30	Kolbotn	HB D3/J18			Bordtennis	ledig	Ledig		
21.30-22.00	Kolbotn	HB H4			Bordtennis	ledig	Ledig		
22.00-22.30	Kolbotn	HB H4							
22.30-23.00	Kolbotn	ledig							

*20.30 håndball varmer opp, kun på ledig areal

ONSDAG								
	GREVERUD	ØGI	ØGI Trimrom	ØGI styrkerom	ØSTU	Flåtestad	Ingjeråsen	Helleråsen
16.00-16.30	HB PUTTE	Aktiv/HB J10	HB		Bordtennis			
16.30-17.00	HB J09/PUTTE	HB J10	HB		Bordtennis			
17.00-17.30	HB J09	HB J10/G10	HB		Bordtennis		Kolbotn	
17.30-18.00	KolbotnGarden	HB G04/G10	HB		Bordtennis		Kolbotn	
18.00-18.30	KolbotnGarden	HB G04	HB G03	Åpent	Bordtennis	Badminton	HB J08	
18.30-19.00	KolbotnGarden	HB G03/G04	HB TG1	for	Bordtennis	Badminton	HB J08	
19.00-19.30	KolbotnGarden	HB G03	HB TG1	alle	Bordtennis	Badminton		
19.30-20.00	HB J04	HB TG1	HB TG1		Bordtennis	Badminton		
20.00-20.30	HB J05/J04	HB TG1	HB TG2		Bordtennis			
20.30-21.00	HB J05	HB TG2	HB TG2		Bordtennis			
21.00-21.30	HB D6	HB TG2/TRIM	HB TG2	HB TG1/TG2	Bordtennis			
21.30-22.00	HB D6	HB TG2/TRIM	HB TG2	HB TG1/TG2	Bordtennis			
22.00-22.30	Ledig	Ledig						
22.30-23.00	Ledig	Ledig						

TORSDAG									
	GREVERUD	ØGI	ØGI Trimrom	ØGI styrkerom	ØSTU	Flåtestad	Ingjeråsen	Helleråsen	Drømtorp
16.00-16.30	Turn	Aktiv/Badminton	Badminton		Ledig				
16.30-17.00	Turn	Badminton	Badminton		Ledig				
17.00-17.30	Turn	Badminton	Friddrett	Friddrett	Ledig				HB G05
17.30-18.00	Turn	Badminton	Friddrett	Friddrett	Ledig				HB G05
18.00-18.30	Turn	Badminton/Tilrettel.	Friddrett	Friddrett	Bordtennis				HB G05
18.30-19.00	HB D3/J18	Badminton/Tilrettel.	Friddrett	Friddrett	Bordtennis				HB J04
19.00-19.30	HB D3/J18	Kolbotn	Kolbotn	Friddrett	Bordtennis				HB J04
19.30-20.00	HB D3/J18	Kolbotn	Kolbotn	Friddrett	Bordtennis				HB J04/G04
20.00-20.30	HB G03	Kolbotn	Kolbotn		Bordtennis	Innebandy			HB G04
20.30-21.00	HB G03	Kolbotn	Kolbotn		Bordtennis	Innebandy			HB G04
21.00-21.30	HB TG1	Kolbotn	Kolbotn		Bordtennis	Innebandy			
21.30-22.00	HB TG1	Kolbotn	Kolbotn		Bordtennis	Innebandy			
22.00-22.30	Ledig	Kolbotn							
22.30-23.00	Ledig	Kolbotn							

FREDAG									
	GREVERUD	ØGI	ØGI Trimrom	ØGI styrkerom	ØSTU	Flåtestad	Ingjeråsen	Helleråsen	Drømtorp
16.00-16.30	HB J07	Aktiv/TG1/J18	HB TG1/J18		Bordtennis		Fotball *		
16.30-17.00	HB J07	HB TG1/J18	HB TG1/J18		Bordtennis		Fotball *		
17.00-17.30	HB J06	HB TG1/J18			Bordtennis		Fotball *		HB SU
17.30-18.00	HB J06	HB G06			Bordtennis		Fotball *		HB SU
18.00-18.30	HB J33	HB G06		Åpent	Bordtennis				HB J05
18.30-19.00	HB J33	Kolbotn		for	Bordtennis				HB J05
19.00-19.30	Kolbotn	Kolbotn		alle	Bordtennis				
19.30-20.00	Kolbotn	HB TG2			Bordtennis				
20.00-20.30	Kolbotn	HB TG2			Bordtennis				
20.30-21.00	Kolbotn	HB TG2			Bordtennis				
21.00-21.30	Kolbotn	LEDIG			Bordtennis				
21.30-22.00	Kolbotn	LEDIG			Bordtennis				
22.00-22.30									
22.30-23.00									

*de gangene fotball ikke benytter tiden - overføres den til Kolbotn Basket

LØRDAG				SØNDAG			
	GREVERUD	ØG	INGJERÅSEN	GREVERUD	ØG		
9.00-9.30	HB KAMPER	Kolbotn		Kolbotn	KAMPER		
9.30-10.00	HB KAMPER	Kolbotn		Kolbotn	KAMPER		
10.00-10.30	HB G08/G07	Kolbotn		Kolbotn	KAMPER		
10.30-11.00	HB G08/G07	Kolbotn		Kolbotn	KAMPER		
11.00-11.30	HB J04	Kolbotn		Kolbotn	KAMPER		
11.30-12.00	HB J04	Kolbotn		Kolbotn	KAMPER		
12.00-12.30	HB G09	Kolbotn		Kolbotn	KAMPER		
12.30-13.00	HB G09	Kolbotn		Kolbotn	KAMPER		
13.00-13.30	KAMPER	Kolbotn	Ledig	Kolbotn	KAMPER		
13.30-14.00	KAMPER	Kolbotn	Ledig	Kolbotn	KAMPER		
14.00-14.30	KAMPER	Kolbotn	Ledig	Kolbotn	KAMPER		
14.30-15.00	KAMPER	Kolbotn	Ledig	Kolbotn	KAMPER		
15.00-15.30	KAMPER	Kolbotn	Ledig	Kolbotn	KAMPER		
15.30-16.00	KAMPER	Kolbotn	Ledig	Kolbotn	KAMPER		
16.00-16.30	KAMPER	KAMPER		Innebandy	KAMPER		
16.30-17.00	KAMPER	KAMPER		Innebandy	KAMPER		
17.00-17.30	KAMPER	KAMPER		Innebandy	KAMPER		
17.30-18.00	KAMPER	KAMPER		Innebandy	KAMPER		
18.00-18.30	KAMPER	KAMPER		Innebandy	KAMPER		
18.30-19.00	KAMPER	KAMPER		Innebandy	KAMPER		
19.00-19.30	KAMPER	KAMPER		Badminton	HB H4		
19.30-20.00	KAMPER	KAMPER		Badminton	HB H4		
20.00-20.30				Badminton	Badminton		
20.30-21.00				Badminton	Badminton		
21.00-21.30				Badminton	Badminton		
21.30-22.00				Badminton	Badminton		

