

Træningsplan 2024-25

| Mandag | | Tirsdag | Onsdag | | Torsdag | Fredag | Søndag | |
|----------------------------|--------------------------|--------------------------------|--------------------------------|--------------------------|--------------------------------|-----------------------|--------------------------------|--|
| 07:00-08:00 Voksen* | | 18:30-19:15 Minikonkurrence | 15:00-15:45 Lektion | | 15:30-16:15 FunFree | 06:45-07:30 Sport* | 07:00-07:45 Voksen | |
| 15:00-15:45 Lektion | | 19:15-20:00 Konkurrence | 15:45-16:30 FunFree | | 16:15-17:00 Konkurrence | | 07:45-08:30 Funflakes | |
| 15:45-16:30 FunFree | | 20:00-20:45 Sport | 16:30-17:15 Konkurrence | | 18:15-19:00 Minikonkurrence | | 08:30-09:15 FunFree | |
| 16:30-17:15 Konkurrence | | 20:45-21:30 Voksen | 17:15-18:00 Skøjteskole | 17:15-18:00 Funflakes | | | 09:15-10:00 Minikonkurrence | |
| 17:15-18:00 Skøjteskole | 17:15-18:00 Funflakes | | 18:15-19:00 Minikonkurrence | | | | 10:15-11:00 Sport | |
| | | | | | | | 11:00-12:00 Konkurrence | |
| | | | | | | | 12:00-12:45 Lektion | |
| | | | | | | | 12:45-13:30 Lektion | |
| | | | | | | | 13:30-14:15 Lektion | |
| | | | | | | | 14:15-15:00 Lektion | |

* Selvtræning

Off ice Træningsplan 2024-25

| Mandag | Tirsdag | Onsdag | | Torsdag | | Fredag | Søndag | |
|--------|----------------------------------|----------------------------|--------------------------|--------------------------------|--------------------------------|--------|--------------------------------|----------------------------|
| | 16:45 - 17:30 Minikonkurrence | 16:15-17:00 Skøjteskole | 16:15-17:00 Funflakes | 17:15 - 18:00 Konk - Ballet | 17:15 - 18:00 MiniK- Ballet | | 10:15-11:00 FunFI Ballet | 10:15-11:00 FunF Ballet |
| | 17:30 - 18:15 Konkurrence | 17:30 - 18:15 Sport | 17:20 - 18:05 Funfree | | 17:15 - 18:00 Funfree | | 12:15-13:00 Træningsprojekt | |