

TRÆNINGSPLAN 2026 H2 — ØSK Skøjteklubben												
Dag	IS-TRÆNING (Store Is)				TILKØB (valgfrit)		OFF-IS TRÆNING			LILLE IS		
Dag	Tid	Hold 1	Hold 2	Hold 3	Tilkøb Hold 1	Tilkøb Hold 2	Tid	Hold / Note		Tid	Hold 1	Hold 2
MANDAG												
	15:00–15:45	T4L	T4M	Free C	—	—	16:00–16:45	T4M + Free C off-ice (Multisal)		15:45–16:30	skating school	skating school
							16:00–16:45	T4L off-ice (Multisal)				
							16:45–17:30	T1L, T2L, T3L off-ice (Multisal)				
	✂ Iskørsel 16:30–16:45											
	16:45–17:30	B2B	B2C		A1,2	—	17:45–18:30	B2B + B2C off-ice (Dansesal)		18:30–19:00	A1, A2, B1, B1C off-ice (Multisal)	
	17:30–18:15	A1 + A2		B1	—	—	18:30–19:00					
	✂ Iskørsel 18:15–18:30											
	18:30–19:15	T4S	Free B	Teens	—	—	19:30–20:15	T4S + Free B off-ice (Multisal)				
	19:15–20:00	A1 + A2		B1	—	—						
20:00–20:45	Free A	B2A	Adults (Voksen)	—	—							
TIRSDAG												
	15:00–16:00	B2C	Free C		B1C	B2B	16:15–17:00	B2C + Free C (B1 Tilkøb)				
ONSDAG												
	06:00–07:00	A1 + A2			B1A, B1C	B2B, B2C				15:45–16:30	skating school	skating school
	15:00–15:45	T4L	T4M	Free C	—	—	16:00–16:45	T4M off-ice (Multisal)				
							16:00–16:45	T4L off-ice Ice (Multisal)				
	15:45–16:30	T1L	T2L	T3L	—	—						
	✂ Iskørsel 16:30–16:45											
	16:45–17:30	T1S	T2S	T3S	—	—	17:45–18:30	T1S/T2S/T3S off-ice (Multisal)		18:30–19:15	B2B + B2C off-ice (Danssal)	
	17:30–18:15	B2B	B2C	—	A1,2	—	18:30–19:15					
	✂ Iskørsel 18:15–18:30											
	18:30–19:15	T4S	Free B	—	—	—	18:15–19:00	A1, A2, B1, B1C (Multisal)		19:30–20:15	T4S + Free B off-ice (Multisal)	
19:15–20:00	A1 + A2		B1	—	—	19:30–20:15						
20:00–20:45	Free A	B2A	Adults (Voksen)	—	—							
TORSDAG												
	15:00–16:00	A1 + A2 + B1		B2B	B2C		16:15–17:15	A1/A2/B1/B1C/ B2B + (B2C tilkøb) Dansesal				
LØRDAG												
										15:30–18:45	All	—
	15:30–16:15	T4S	T4M	B2B	—	—						
	16:15–17:00	T3S	Free B		—	—						
	✂ Iskørsel 17:00–17:15											
	17:15–18:00	T1S	T2S	—	—	—						
18:00–18:45	Teens			—	—							
SØNDAG												
	16:45–17:30	A1 + A2+B1	B2C		B2B		16:30–17:15	Free C (Danssal)		17:45–18:30	A1/A2/B1/B1 + (B2B+B2C tilkøb) (Multisal)	
	17:30–18:30	Free C	T4L	—	—	—	17:45–18:30					
	✂ Iskørsel 18:30–18:45											
	18:45–19:45	A1 + A2		B1	B2C							
	19:45–20:30	Free A	B2A	Adults (Voksen)	—	—						