

| BANE | Kunst A | Kunst B | Kunst 5M | Kunst 3M | KI A | KI B | Stadion | Fitness | Engen 5M A | Engen 5M B | Engen 5M C | Engen 5M D | Engen 5M E | Engen 11M 3AB | Engen 11M 4AB | Engen 8M 5A | Engen 8M 5B | Engen 8M 6A | Engen 8M 6B | BANE |
|-----------|---------|-----------|-----------|-----------|-----------|-----------|---------|---------|------------|------------|------------|------------|------------|---------------|---------------|-------------|-------------|-------------|---------------|-----------|
| MANDAG | | | | | | | | | | | | | | | | | | | | MANDAG |
| 1500-1530 | | | | | | | | | | | | | | | | | | | | 1500-1530 |
| 1530-1600 | | | | | | | | | | | | | | | | | | | | 1530-1600 |
| 1600-1630 | | U13 A | U11 A | U11 A | U13 B | U13 B | | U17 | | | | | | | | | | U15 B | U12B | 1600-1630 |
| 1630-1700 | | U13 A | U11 A | U11 A | U13 B | U13 B | | U17 | | | | | | | | U12 Piger | | U15 B | U12B | 1630-1700 |
| 1700-1730 | | U13 A | U11 A | U11 A | U13 B | U13 B | 1HS | 1HS | | | | U8 Rød | U8 Blå | | | U12 Piger | | U15 B | U12B | 1700-1730 |
| 1730-1800 | | U15A | U16 Piger | | | | | 1HS | 1HS | | | U8 Rød | U8 Blå | | U17 | U12 Piger | | U12B | U12B | 1730-1800 |
| 1800-1830 | | U15A | U16 Piger | | | | | 1HS | 1HS | | | U8 Rød | U8 Blå | | U17 | | | U12B | U12B | 1800-1830 |
| 1830-1900 | | U15A | U16 Piger | | | | | | | | | | | | U17 | | | U12B | U12B | 1830-1900 |
| 1900-1930 | | U19 | U19 | U19 | | | | | | | | | | | | | | | | 1900-1930 |
| 1930-2000 | | U19 | U19 | U19 | | | | | | | | | | | | | | | | 1930-2000 |
| 2000-2030 | | U19 | U19 | U19 | | | | | | | | | | | | | | | | 2000-2030 |
| 2030-2100 | | | | | Veteraner | Veteraner | | | | | | | | | | | | | | 2030-2100 |
| 2100-2200 | | | | | Veteraner | Veteraner | | | | | | | | | | | | | | 2100-2200 |
| BANE | Kunst A | Kunst B | Kunst 5M | Kunst 3M | KI A | KI B | Stadion | Fitness | Engen 5M A | Engen 5M B | Engen 5M C | Engen 5M D | Engen 5M E | Engen 11M 3AB | Engen 11M 4AB | Engen 8M 5A | Engen 8M 5B | Engen 8M 6A | Engen 8M 6B | BANE |
| TIRSDAG | | | | | | | | | | | | | | | | | | | | TIRSDAG |
| 1500-1530 | | | | | | | | | | | | | | | | | | | | 1500-1530 |
| 1530-1600 | | | | | | | | | | | | | | | | | | | | 1530-1600 |
| 1600-1630 | U14 | U14 | | | U11A | U11A | | | | | | | | | | | | | | 1600-1630 |
| 1630-1700 | U14 | U14 | | | U11A | U11A | | | U9 Hvid | U9 Hvid | U9 Blå | U9 Rød | U9 Grøn | | | | | | | 1630-1700 |
| 1700-1730 | U14 | U14 | U7 Blå | U7 Blå | U11A | U11A | 1HS | 1HS | U9 Hvid | U9 Hvid | U9 Blå | U9 Rød | U9 Grøn | | | | | | | 1700-1730 |
| 1730-1800 | U17 | U10 | U7 Blå | U7 Blå | U12A | U12A | 1HS | 1HS | U9 Hvid | U9 Hvid | U9 Blå | U9 Rød | U9 Grøn | | U15A | | U11B | U11B | U11B | 1730-1800 |
| 1800-1830 | U17 | U10 | U8 Piger | U8 Piger | U12A | U12A | 1HS | 1HS | U9 Hvid | U9 Hvid | U9 Blå | U9 Rød | U9 Grøn | | U15A | | U11B | U11B | U11B | 1800-1830 |
| 1830-1900 | U17 | U10 | U8 Piger | U8 Piger | U12A | U12A | | | U9 Hvid | U9 Hvid | U9 Blå | U9 Rød | U9 Grøn | | U15A | | U11B | U11B | U11B | 1830-1900 |
| 1900-1930 | U19 | 2HS | U8 Piger | U8 Piger | 3HS | 3HS | | | | | | | | | | | | | | 1900-1930 |
| 1930-2000 | U19 | 2HS | | | 3HS | 3HS | | | | | | | | | | | | | | 1930-2000 |
| 2000-2030 | U19 | 2HS | | | 3HS | 3HS | | | | | | | | | | | | | | 2000-2030 |
| 2030-2100 | ØS | ØS | ØS | ØS | ØS | ØS | | | | | | | | | | | | | | 2030-2100 |
| 2100-2200 | ØS | ØS | ØS | ØS | ØS | ØS | | | | | | | | | | | | | | 2100-2200 |
| BANE | Kunst A | Kunst B | Kunst 5M | Kunst 3M | KI A | KI B | Stadion | Fitness | Engen 5M A | Engen 5M B | Engen 5M C | Engen 5M D | Engen 5M E | Engen 11M 3AB | Engen 11M 4AB | Engen 8M 5A | Engen 8M 5B | Engen 8M 6A | Engen 8M 6B | BANE |
| ONSDAG | | | | | | | | | | | | | | | | | | | | ONSDAG |
| 1500-1530 | | | | | | | | | | | | | | | | | | | | 1500-1530 |
| 1530-1600 | | | | | | | | | | | | | | | | | | | | 1530-1600 |
| 1600-1630 | U15 B | U12B | | | | | | | | | | | | | U14 | U13 B | U13 B | U13 A | U13 A | 1600-1630 |
| 1630-1700 | U15 B | U12B | U6 Hvid | U5 Blå | | | | | | | | | | | U14 | U13 B | U13 B | U13 A | U13 A | 1630-1700 |
| 1700-1730 | U15 B | U12B | U6 Hvid | U5 Blå | | | | | U7 Grøn | U7 Hvid | | U8 Grøn | U8 Blå | | U14 | U13 B | U13 B | U13 A | U13 A | 1700-1730 |
| 1730-1800 | | U12A | U12B | U5 Blå | | | | | U7 Grøn | U7 Hvid | | U8 Grøn | U8 Blå | | | | | | | 1730-1800 |
| 1800-1830 | | U12A | U12B | U12B | | | | | U7 Grøn | U7 Hvid | | U8 Grøn | U8 Blå | | | | | | | 1800-1830 |
| 1830-1900 | | U12A | U12B | U12B | | | | | | | | | | | | | | | | 1830-1900 |
| 1900-1930 | | | | | | | | | | | | | | | | | | | | 1900-1930 |
| 1930-2000 | | | | | | | | | | | | | | | | | | | | 1930-2000 |
| 2000-2030 | | | | | | | | | | | | | | | | | | | | 2000-2030 |
| 2030-2100 | | | ØS | ØS | Old Boys | Old Boys | | | | | | | | | | | | | | 2030-2100 |
| 2100-2200 | | | ØS | ØS | Old Boys | Old Boys | | | | | | | | | | | | | | 2100-2200 |
| BANE | Kunst A | Kunst B | Kunst 5M | Kunst 3M | KI A | KI B | Stadion | Fitness | Engen 5M A | Engen 5M B | Engen 5M C | Engen 5M D | Engen 5M E | Engen 11M 3AB | Engen 11M 4AB | Engen 8M 5A | Engen 8M 5B | Engen 8M 6A | Engen 8M 6B | BANE |
| TORS DAG | | | | | | | | | | | | | | | | | | | | TORS DAG |
| 1500-1530 | | | | | | | | | | | | | | | | | | | | 1500-1530 |
| 1530-1600 | | | | | | | | | | | | | | | | | | | | 1530-1600 |
| 1600-1630 | U13 A | U12 Piger | | | U11A | U11A | | U15 | | | | | | | | | | | | 1600-1630 |
| 1630-1700 | U13 A | U12 Piger | | | U11A | U11A | | U15 | | | | | | | | | U10 | | | 1630-1700 |
| 1700-1730 | U13 A | U12 Piger | U6 Blå | | U11A | U11A | 1HS | 1HS | U8 Piger | U7 Rød | U9 Blå | U9 Rød | U9 Grøn | | | | U10 | | | 1700-1730 |
| 1730-1800 | U19 | 2HS | U6 Blå | | U15A | U15A | 1HS | 1HS | U8 Piger | U7 Rød | U9 Blå | U9 Rød | U9 Grøn | U17 | | | U10 | U11B | U11B | 1730-1800 |
| 1800-1830 | U19 | 2HS | U12A | U12A | U15A | U15A | 1HS | 1HS | U8 Piger | U7 Rød | U9 Blå | U9 Rød | U9 Grøn | U17 | | | U16 Piger | U11B | U11B | 1800-1830 |
| 1830-1900 | U19 | 2HS | U12A | U12A | U15A | U15A | | | | | | | | U17 | | | U16 Piger | U11B | U11B | 1830-1900 |
| 1900-1930 | U17 | 3HS | U12A | U12A | | | | | | | | | | | | | U16 Piger | | | 1900-1930 |
| 1930-2000 | U17 | 3HS | | | | | | | | | | | | | | | | | | 1930-2000 |
| 2000-2030 | U17 | 3HS | | | | | | | | | | | | | | | | | | 2000-2030 |
| 2030-2100 | | | Veteraner | Veteraner | Veteraner | Veteraner | | | | | | | | | | | | | | 2030-2100 |
| 2100-2200 | | | Veteraner | Veteraner | Veteraner | Veteraner | | | | | | | | | | | | | | 2100-2200 |
| BANE | Kunst A | Kunst B | Kunst 5M | Kunst 3M | KI A | KI B | Stadion | Fitness | Engen 5M A | Engen 5M B | Engen 5M C | Engen 5M D | Engen 5M E | Engen 11M 3AB | Engen 11M 4AB | Engen 8M 5A | Engen 8M 5B | Engen 8M 6A | Engen 8M 6B | BANE |
| FREDAG | | | | | | | | | | | | | | | | | | | | FREDAG |
| 1500-1530 | | | | | | | | | | | | | | | | | | | | 1500-1530 |
| 1530-1600 | | | | | | | | | | | | | | | | | | | | 1530-1600 |
| 1600-1630 | U15 B | U13 B | | | U7 Blå | U12 B | | | | | | | | | | | | | | 1600-1630 |
| 1630-1700 | U15 B | U13 B | | | U7 Blå | U12 B | | | | | | | | | | | | | | 1630-1700 |
| 1700-1730 | U15 B | U13 B | | | U7 Blå | U12 B | | | U8 Hvid | U8 Hvid | | | | | | | | | | 1700-1730 |
| 1730-1800 | U17 | U17 | | | U14 | U14 | | | U8 Hvid | U8 Hvid | | | | | | | | | | 1730-1800 |
| 1800-1830 | U17 | U17 | | | U14 | U14 | | | | | | | | | | | | | | 1800-1830 |
| 1830-1900 | U17 | U17 | | | U14 | U14 | | | | | | | | | | | | | | 1830-1900 |
| 1900-1930 | | | | | | | | | | | | | | | | | | | | 1900-1930 |
| 1930-2000 | | | | | | | | | | | | | | | | | | | | 1930-2000 |
| 2000-2030 | | | | | | | | | | | | | | | | | | | | 2000-2030 |
| 2030-2100 | | | | | | | | | | | | | | | | | | | | 2030-2100 |
| 2100-2200 | | | | | | | | | | | | | | | | | | | | 2100-2200 |
| BANE | Kunst A | Kunst B | Kunst 5M | Kunst 3M | KI A | KI B | Stadion | Fitness | Engen 5M A | Engen 5M B | Engen 5M C | Engen 5M D | Engen 5M E | Engen 11M 3AB | Engen 11M 4AB | Engen 8M 5A | Engen 8M 5B | Engen 8M 6A | Engen 11M 6AB | BANE |
| LØRDAG | | | | | | | | | | | | | | | | | | | | LØRDAG |
| 0800-0930 | | | | | | | | | | | | | | | | | | | | 0900-0930 |
| 0930-1000 | | | U9 Blå | U9 Blå | U8 | U8 | | | | | | | | | | | | | | 0930-1000 |
| 1000 | | | U9 Blå | U9 Blå | U8 | U8 | | | U10 Rød | U10 Rød | | | | | | | | | | 1000 |
| 1030 | | | U9 Blå | U9 Blå | U8 | U8 | | | U10 Rød | U10 Rød | | | | | | | | | | 1030 |
| 1100 | | | U7 Rød | U7 Rød | | | | | U10 Rød | U10 Rød | | | | | | | | | | 1100 |
| 1130 | | | U7 Rød | U7 Rød | | | | | | | | | | | | | | | | 1130 |
| 1200 | | | | | | | | | | | | | | | | | | | | 1200 |
| 1230 | | | | | | | | | | | | | | | | | | | | 1230 |
| 1300 | | | | | | | | | | | | | | | | | | | | 1300 |
| 1330 | | | | | | | | | | | | | | | | | | | | 1330 |
| 1400 | | | | | | | | | | | | | | | | | | | | 1400 |
| 1430 | | | | | | | | | | | | | | | | | | | | 1430 |
| 1500 | | | | | | | | | | | | | | | | | | | | 1500 |
| 1530 | | | | | | | | | | | | | | | | | | | | 1530 |
| 1600 | | | | | | | | | | | | | | | | | | | | 1600 |
| 1630 | | | | | | | | | | | | | | | | | | | | 1630 |
| 1700 | | | | | | | | | | | | | | | | | | | | 1700 |
| BANE | Kunst A | Kunst B | Kunst 5M | Kunst 3M | KI A | KI B | Stadion | Fitness | Engen 5M A | Engen 5M B | Engen 5M C | Engen | | | | | | | | |

