

Treningstider HIF-hallen 2010-2011

	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag	Søndag	
08:00-08:30								08:00-08:30
08:30-09:00								08:30-09:00
09:00-09:30								09:00-09:30
09:30-10:00						Trimmen < 60 år Ernst Jensen - 958 62 249		09:30-10:00
10:00-10:30								10:00-10:30
10:30-11:00								10:30-11:00
11:00-11:30								11:00-11:30
11:30-12:00								11:30-12:00
12:00-12:30							NHF Anita Frantzen - 97039048	12:00-12:30
12:30-13:00							NHF	12:30-13:00
13:00-13:30							NHF	13:00-13:30
13:30-14:15							NHF	13:30-14:15
14:15-14:45							NHF	14:15-14:45
14:45-15:15							NHF	14:45-15:15
15:15-15:45	SAS Inneband Håvard Lund			SAS Basket			NHF	15:15-15:45
15:45-16:15	SAS Innebandy	EATON ELECTRIC AS Innebandy					NHF	15:45-16:15
16:15-16:45							NHF	16:15-16:45
16:45-17:15							NHF	16:45-17:15
17:15-17:45	G 99 Roger Madsen - 47453626	G03 Anders Nilsson - 40066555	G01/G00 Bård Kulseth - 91321346	G04 Jan Kristiansen - 948 40 677			NHF	17:15-17:45
17:45-18:15			G01/G00 Tommy Hansen - 90952112				NHF	17:45-18:15
18:15-18:45	J99 Tina Nyholt Heiberg - 91314489	JG03 Anita Hokstad - 41230661	JG/00-01 Marianne Røtterud - 98875162	J02 Liv Dervo - 92824255			NHF	18:15-18:45
18:45-19:15	JG/00-01 Marianne Røtterud - 98875162	JG04		G02 Tommy Lyngås -			NHF	18:45-19:15
19:15-19:45	J97 Roger Eriksen - 92698831	J98 Roy Frantzen - 46409865	J99 Tina Nyholt Heiberg - 91314489	J98 Roy Frantzen - 46409865				19:15-19:45
19:45-20:15	J96 Helge Lundby - 91876981	Knut Skaramyren - 41498786		J97 Roger Eriksen - 92698831				19:45-20:15
20:15-20:45		J97 Roger Eriksen - 92698831		J96 Helge Lundby - 91876981				20:15-20:45
20:45-21:15	Innebandy Roy Frantzen - 46409865						Fotball <30år Roger Hellesytt - 99249549	20:45-21:15
21:15-21:45	Innebandy							21:15-21:45
21:45-22:15								21:45-22:15
22:15-22:45								22:15-22:45
22:45-23:15								22:45-23:15

UTLEIDE Timer
24,5

6,5

5,5

3

6,5

1,5

1,5

Ansvarlige	
Håndball	Anita Frantzen - 970394048
Fotball	Tommy Nettum Kristiansen - 92091633
All idrett	
Trim - Innebandy HIF	
HIF-hallen	Janicke Snyen - 41230833
HIF	Tommy Hansen - 90952112