

TRENINGSROMFORDELINGEN KONGEN 2019-2020

	MAN		TIRS		ONS		TORS		FRE		LØR		SØN					
	VEKTROM	CII	VEKTROM	CII	VEKTROM	CII	VEKTROM	CII	VEKTROM	CII	VEKTROM	CII	VEKTROM	CII				
08:00	WANG		NR			DS/HS/HJ	NR		WANG		NR							
08:30																		
09:00																		
09:30																		
10:00	Masters																	
10:30																		
11:00																		
11:30																		
12:00																		
12:30																		
13:00																		
13:30																		
14:00																		
14:30																		
15:00																		
15:30																		
16:00	Junior	DS/DJ		Junior	DS/DJ	Junior	Masters		Masters		Masters							
16:30																		
17:00																		
17:30																		
18:00																		
18:30	HS/HJ	HS/HJ	HS/HJ	Masters &	HS/HJ	HS/HJ	HS/HJ	HS/HJ	HS/HJ	HS/HJ	HS/HJ	HS/HJ						
19:00																		
19:30				DS/DJ														
20:00																		
20:30																		
	Kontaktpersoner:																	
	Junior	Andrea Ålveborn, 40201062; Elias Mahler, 98172043				HS/HJ	Esther Verburg, 94867408				Masters	Torstein Rekkedal, 90672822						
	DS/DJ	Sigurd Gullerud, 92054453						WANG	Esther Verburg, 94867408				NR	Seb Baranzano, 90746086				