

Oppsal Arena Mandag					
Fra	Til	Bane 1	Bane 2	Bane 3	Bane 4
1500	1530				
1530	1600				
1600	1630	Dame A	Innebandy	Gym & Turn	Basket
1630	1700	Dame A	Innebandy	Gym & Turn	Basket
1700	1730	Dame A	Innebandy	Gym & Turn	Basket
1730	1800	J2014	Innebandy	Gym & Turn	Basket
1800	1830	J2014	Innebandy	Gym & Turn	Basket
1830	1900	J2011/2012	Innebandy	Gym & Turn	Basket
1900	1930	J2011/2012	Innebandy	Paraidrett	Basket
1930	2000	G2011	Innebandy	Paraidrett	Basket
2000	2030	G2011	Innebandy	Paraidrett	Basket
2030	2100	J2009	Innebandy	Paraidrett	Basket
2100	2130	J2009	Innebandy	J2008	Basket
2130	2200	J2009	Innebandy	J2008	Basket
2200	2230		Innebandy	J2008	Basket

Oppsal Arena Tirsdag					
Fra	Til	Bane 1	Bane 2	Bane 3	Bane 4
1500	1530				
1530	1600				
1600	1630	G2014	Badminton	Basket	Basket
1630	1700	G2014	Badminton	Basket	Basket
1700	1730	Dame A	Badminton	Basket	Basket
1730	1800	Dame A	Badminton	Basket	Basket
1800	1830	Dame A	Badminton	Basket	Basket
1830	1900	Bøler	Badminton	Basket	Basket
1900	1930	Bøler	Badminton	Basket	Basket
1930	2000	Bøler	Badminton	Basket	Basket
2000	2030	J2010	Badminton	Basket	Basket
2030	2115	J2010	Badminton	Basket	Basket
2115	2130	Herrelaget	Badminton	Basket	Basket
2130	2200	Herrelaget	Badminton	Basket	Basket
2200	2230	Herrelaget	Badminton	Basket	Basket

Oppsal Arena Onsdag					
Fra	Til	Bane 1	Bane 2	Bane 3	Bane 4
1500	1530				
1530	1600				
1600	1630	J2011/12	J2014	Paraidrett	Basket
1630	1700	J2011/12	J2014	Paraidrett	Basket
1700	1730	J2015	G2015	Gym & Turn	Basket
1730	1800	J2015	G2015	Gym & Turn	Basket
1800	1830	J2013	G2012/13	Gym & Turn	Basket
1830	1900	J2013	G2012/13	Gym & Turn	Basket
1900	1930	J2008	J2009	Gym & Turn	Basket
1930	2000	J2008	J2009	Gym & Turn	Basket
2000	2030	Rekrutt	Junior	Bøler	Basket
2030	2100	Rekrutt	Junior	Bøler	Basket
2100	2130	Rekrutt	Junior	Bøler	Basket
2130	2200	Herrelaget		Bøler	Basket
2200	2230	Herrelaget		Bøler	Basket

Oppsal Arena Torsdag					
Fra	Til	Bane 1	Bane 2	Bane 3	Bane 4
1500	1530				
1530	1600				
1600	1630	Bøler	Badminton	Bøler	Basket
1630	1700	Bøler	Badminton	Bøler	Basket
1700	1730	Bøler	Badminton	Bøler	Basket
1730	1800	Bøler	Badminton	Bøler	Basket
1800	1830	Bøler	Badminton	Paraidrett	Basket
1830	1900	Bøler	Badminton	Paraidrett	Basket
1900	1930	Bøler	Badminton	Paraidrett	Basket
1930	2000	Bøler	Badminton	Paraidrett	Basket
2000	2030	Bøler	Badminton	Paraidrett	Basket
2030	2100	J2007	Badminton	J2010/målvaktsskole	Basket
2100	2130	J2007	Badminton	J2010/målvaktsskole	Basket
2130	2200	J2007	Badminton	J33	Basket
2200	2230		Badminton	J33	Basket

Oppsal Arena Fredag					
Fra	Til	Bane 1	Bane 2	Bane 3	Bane 4
1500	1530	Dame A			
1530	1600	Dame A			
1600	1630	Dame A	Basket	Basket	Basket
1630	1700	Dame A	Basket	Basket	Basket
1700	1730	Junior/rekrutt	Basket	Basket	Basket
1730	1800	Junior/rekrutt	Basket	Basket	Basket
1800	1830	Junior/rekrutt	Basket	Basket	Basket
1830	1900	J2010	Innebandy	Basket	Basket
1900	1930	J2010	Innebandy	Basket	Basket
1930	2000	J2007	Innebandy	Basket	Basket
2000	2030	J2007	Innebandy	Basket	Basket
2030	2100	J2007	Innebandy	Basket	Basket
2100	2130	Åpen hall	Innebandy	Basket	Basket
2130	2200	Åpen hall	Innebandy	Basket	Basket
2200	2230				

Haugenstua					
Fra	Til	Mandag	Onsdag	Fredag	
1500	1530				
1530	1600				
1600	1630				
1630	1700		J2007		
1700	1730	Junior	J2007		
1730	1800	Junior	J2007		
1800	1830	Junior			
1830	1900	Rekrutt			
1900	1930	Rekrutt			
1930	2000	Rekrutt			
2000	2030				
2030	2100				
2100	2130				
2130	2200				
2200	2230				

Teglverket			
Fra	Til	Torsdag	
1500	1530		
1530	1600		
1600	1630		
1630	1700		
1700	1730		
1730	1800		
1800	1830		
1830	1900	J2009	
1900	1930	J2009	
1930	2000	J2008	
2000	2030	J2008	
2030	2100		
2100	2130		
2130	2200		
2200	2230		

Hellerud					
Fra	Til	Tirsdag	Torsdag	Fredag	
1500	1530				
1530	1600				
1600	1630				
1630	1700				
1700	1730	J2013	G2012	G2014	
1730	1800	J2013	G2012	G2014	
1800	1830				
1830	1900				
1900	1930				
1930	2000				
2000	2030		G2011		
2030	2100		G2011		
2100	2130		G2011		
2130	2200				
2200	2230				