

| Træningstider indendørs 2019-2020 | | | | | |
|-----------------------------------|---------------|--------------|-----------------|------------|------------|
| Fredag | | | Søndag - futsal | | |
| | Hal 1 | Hal 2 | | Hal 1 | Hal 2 |
| 16:00 | Mikro + piger | U7 drenge | | | |
| | Mikro + piger | U7 drenge | | | |
| 17:00 | U8+9 drenge | U8+9 drenge | 17:00 | U11 drenge | U11 drenge |
| | U8+9 drenge | U8+9 drenge | | U11 drenge | U11 drenge |
| 18:00 | U10 piger | U9 piger | 18:00 | U16 drenge | U12 drenge |
| | U10 piger | U9 piger | | U16 drenge | U12 drenge |
| 19:00 | U10 drenge | U11/12 piger | 19:00 | U16 drenge | Oldgirls+ |
| | U10 drenge | U11/12 piger | 19:30 | Oldboys+ | Oldgirls+ |
| 20:00 | | | 20:00 | Oldboys+ | |
| | | | | Oldboys+ | |

| Fredag Salen | |
|-----------------|------------|
| 17:00 | |
| 17:30 | U10 piger |
| 18:00 | |
| 18:30 | U10 drenge |
| 19:00 | |
| 19:30 | |