	Bane	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
Mandag	A		G2010/G2011			G/J2018		G2016		NFF Oslo/Kamper						
	B															
	C					G2017			J2012							
	D					J2015			J2014							
	Bane	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
Tirsdag	A	Akademi				NFF Oslo/ Kamper										
	B						G2013									
	C					Junior				G2011						
	D		Keeper					J2013								
	Bane	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
Onsdag	A	G2015 SFO trening		J2012			G2014			NFF Oslo/ Kamper			Senior			
	B						J2016									
	C					G/J2019		J2014					Young Dads			
	D							J2017					Young Ladies			
	Bane	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
Torsdag	A	J2015		G2009/G2010		NFF Oslo/Kamper										
	B						G2013									
	C					J2013										
	D		Keeper				G2012									
	Bane	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
Fredag	A	Akademi				UBK										
	B															
	C					G2014										
	D					J2012										
	Bane	15:00	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30
Lørdag	A															
	B															
	C															
	D															
	Bane	15:00	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	17.00	17.30	18.00
Søndag	A															
	B															
	C															
	D															