

| | Mandag 17. apr. | | | Tirsdag 18. apr. | | | Onsdag 19. apr. | | | Torsdag 20. apr. | | | Fredag 21. apr. | | | Lørdag 22. apr. | | | Søndag 23. apr. | | |
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| | A | B | C | A | B | C | A | B | C | A | B | C | A | B | C | A | B | C | A | B | C |
| 08:00 | | | | | | | | | | | | | | | | | | | | | |
| 08:30 | | | | | | | | | | | | | | | | | | | | | |
| 09:00 | | | | | | | | | | | | | | | | | | | | | |
| 09:30 | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | Hjerte trim | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | Aktivitet | Allidrett | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | | | | | | | | |

Turn
Håndball
Privat leie

Allidrett
Ski, friidrett, orientering

Trimutvalg

Fotball
Idrettskole

Ledig
Skole

hel hall 310 kr timen
1/3 hall 130 kr timen
2/3 hall 180 kr timen