

| | Mandag 29. mai. | | | Tirsdag 30. mai. | | | Onsdag 31. mai. | | | Torsdag 1. jun. | | | Fredag 2. jun. | | | Lørdag 3. jun. | | | Søndag 4. jun. | | |
|-------|-----------------|---|---|------------------|---|---|-----------------|-----------|---|-----------------|---|---|----------------|---|---|----------------|---|---|----------------|---|---|
| | 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 | | | | | | | | | | | | | | |
| 15:30 | | | | | | | trim | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | Aktivi- | Allidrett | | | | | | | | | | | | | |
| 17:30 | | | | | | | teten | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | Turn | | Turn | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | | | | | | | | |
| 20:00 | | | | Herre- | | | | | | | | | | | | | | | | | |
| 20:30 | | | | trim | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | | | | | | | | |

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| Turn |
| Håndball |
| Privat leie |

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|-----------------------------|
| Allidrett |
| Ski, friidrett, orientering |

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| Trimutvalget |
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| Fotball |
| Idrettskole |

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| Ledig |
| Skole |

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