

TRENINGSTIDER TTIF HÅNDBALL SESONGEN 2026/2027

Fra-til kl:		Mandag		Tirsdag		Onsdag		Torsdag		Fredag	
		Tistedal Klister (B)	Tistedal (A)	Tistedal Klister (B)	Tistedal (A)	Tistedal Klister (B)	Tistedal (A)	Tistedal Klister (B)	Tistedal (A)	Tistedal Klister (B)	Tistedal (A)
15:00	15:30										
15:30	16:00										
16:00	16:30										
16:30	17:00	G16	Lek&Moro		J9-G9	G16		G10-11	J10-11	Junior	G12-13
17:00	17:30	G16	L&M	G14	J9-G9	G16	G12-13	G10-11	J10-11	Junior	G12-13
17:30	18:00	G16	Håndballskole	G14	J10-11-G10-11	G16	G12-13	J15-16	J9-G9	Junior	G12-13
18:00	18:30	J15-16	Håndballskole	G14	J10-11-G10-11	J15-16	G12-13	J15-16	J9-G9		
18:30	19:00	J15-16	G10-11	Junior	J10-11-G10-11	J15-16	G14	J15-16	J9-G9		
19:00	19:30	J15-16	G10-11	Junior		J15-16	G14	M3/G16	G14		
19:30	20:00	K3	G12-13	Junior		K3/Junior	G14	M3/G16	G14		
20:00	20:30	K3	G12-13	M3		K3/Junior		M3/G16	G14		
20:30	21:00	K3	G12-13	M3		K3/Junior		TTIF Ladies			
21:00	21:30			M3				TTIF Ladies			
21:30	22:00										
22:00	22:30										

Fra-til kl:		Lørdag	
		Tistedal Klister	Tistedal
10:00	10:30	Kamp/trening	
10:30	11:00	Kamp/trening	
11:00	11:30	Kamp/trening	
11:30	12:00	Kamp/trening	
12:00	12:30	Kamp/trening	
12:30	13:00	Kamp/trening	
13:00	13:30		
13:30	14:00		

Lek&Moro
L&M
Håndballskole
Håndballskole
G9
J9
J10-11
G10-11
G12-13
G14

M3
K3
J20
J15-16
G16



Respekt
Inkludering
Nærvær
Glede