

| Treningstider 2018 | | | | | | | | | | | |
|--------------------|---------------------|--------------|--------------|------------------|--------|------------------|----------------|------------------|------------------|----------------|--------------|
| Måndag | Bane A | Bane B | Bane C | Bane D | | FELTOVERSIKT KGB | Torsdag | Bane A | Bane B | Bane C | Bane D |
| 15.30 | | | | | | | 15.30 | | | | |
| 16.00 | | | | | | | 16.00 | | | | |
| 16.30 | | | | | | Klubbhus | 16.30 | | | | |
| 17:00 | Felles 10-14 | G12 | G9 | | BANE A | BANE B | 17:00 | G10 | G12 | J14/J16 | |
| 17:30 | Felles 10-14 | G12 | G9 | G6/J6 | | | 17:30 | G10 | G12 | J14/J16 | |
| 18:00 | Felles 10-14 | J9 | G9 | G6/J6 | | | 18:00 | G10 | G12 | J14/J16 | |
| 18:30 | | J9 | J12 | J14 | | | 18:30 | | | | |
| 19:00 | | J9 | J12 | J14 | | | 19:00 | A-lag | A-lag | A-lag | A-lag |
| 19:30 | | | J12 | J14 | 19:30 | A-lag | A-lag | A-lag | A-lag | | |
| 20:00 | A-lag | A-lag | A-lag | A-lag | BANE C | BANE D | 20:00 | A-lag | A-lag | A-lag | A-lag |
| 20:30 | A-lag | A-lag | A-lag | A-lag | | | 20:30 | Herrekomp | Herrekomp | | |
| 21:00 | A-lag | A-lag | A-lag | A-lag | | | 21:00 | Herrekomp | Herrekomp | | |
| 21.30 | | | | | | | 21.30 | Herrekomp | Herrekomp | | |
| | | | | | | | | | | | |
| Tirsdag | Bane A | Bane B | Bane C | Bane D | | | Fredag | Bane A | Bane B | Bane C | Bane D |
| 15.30 | | | | | | | 15.30 | J16 | | | |
| 16.00 | | | | | | | 16.00 | J16 | | | |
| 16.30 | | | | | | | 16.30 | J16 | | | |
| 17:00 | | | G10 | G7/J7 | | | 17:00 | G11 | G13 | J10 | |
| 17:30 | G8 | J8 | G10 | G7/J7 | | | 17:30 | G11 | G13 | J10 | |
| 18:00 | G8 | J8 | G10 | J10 | | | 18:00 | G11 | G13 | J10 | |
| 18:30 | G8 | J8 | | J10 | | | 18:30 | G19 | G19 | | |
| 19:00 | | | | J10 | | | 19:00 | G19 | G19 | | |
| 19:30 | | | | | | | 19:30 | G19 | G19 | | |
| 20:00 | A-lag | A-lag | A-lag | A-lag | | | 20:00 | | | | |
| 20:30 | A-lag | A-lag | A-lag | A-lag | | | 20:30 | | | | |
| 21:00 | A-lag | A-lag | A-lag | A-lag | | | 21:00 | | | | |
| 21.30 | | | | | | | 21.30 | | | | |
| Onsdag | Bane A | Bane B | Bane C | Bane D | | | Lørdag | Bane A | Bane B | Bane C | Bane D |
| 15.30 | | | | | | | 10.30 | | | | |
| 16.00 | | | | | | | 11.00 | | | | |
| 16.30 | | | | | | | 11.30 | | | | |
| 17:00 | G11 | G13 | J14 | J16 | | | 12.00 | | | | |
| 17:30 | G11 | G13 | J14 | J16 | | | 12.30 | | | | |
| 18:00 | G11 | G13 | J14 | J16 | | | 13.00 | | | | |
| 18:30 | G9 | J9 | J12 | | | | 13.30 | | | | |
| 19:00 | G9 | J9 | J12 | | | | 14.00 | | | | |
| 19:30 | | | J12 | Dame Trim | | | 14.30 | | | | |
| 20:00 | | | | Dame Trim | | | 15.00 | | | | |
| 20:30 | | | | Dame Trim | | | 15.30 | | | | |
| 21:00 | | | | | | | 16.00 | | | | |
| 21.30 | | | | | | | 16.00 | | | | |
| | | | | | | | 16.30 | | | | |