

| Sted | Ulegård | | | | Bagvolden | | | | Bag Tennis | Kunsten | | | | Solrød Skole | | | | Jersie | | | | | | | | | |
|-----------------|---------|-----|------|-----|--------------|-----------|--------|--------|------------|----------------|-------------|-----------------|------------|-----------------|------------|------------------|------------------|--------------|----------|----------|----------|----------|----------|-------|------|-----------|--------|
| Størrrelse Bane | 5 mands | | | | 8 / 11 mands | | | | 11 mands | 8/11 mands -K1 | | 8/11 mands - K2 | | 8/11 mands - K2 | | 3 - mands | | 8 / 11 mands | | 11m | 7m | | | | | | |
| | UG1 | UG2 | UG3 | UG4 | 2A | | 2B | | 3A | 3B | 4 | K3 | K4 | K5 | K6 | K7 | K8 | K9 | K10 | K11 | K12 | K13 | K14 | S1A | S1B | J1 | J2 |
| Mandag | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.00-16.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.30-17.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.00-17.30 | U8D | U8D | U9D | U9D | U9D / U10D | U10D | U13D | U11D | U11-U12D | U13P | U14P | U12D | U12D | U12D | U12D | U12D | U12D | U8P-U12P | U8P-U12P | U8P-U12P | U8P-U12P | U8P-U12P | U8P-U12P | Steen | | | |
| 17.30.18.00 | U8D | U8D | U9D | U9D | U9D / U10D | U10D | U13D | U11D | U11-U12D | U13P | U14P | U12D | U12D | U12D | U12D | U12D | U12D | U8P-U12P | U8P-U12P | U8P-U12P | U8P-U12P | U8P-U12P | U8P-U12P | Steen | | | |
| 18.00.18.30 | U8D | U8D | U9D | U9D | U9D / U10D | U10D | U13D | U11D | U11-U12D | U13P | U14P | U12D | U12D | U12D | U12D | U12D | U12D | U8P-U12P | U8P-U12P | U8P-U12P | U8P-U12P | U8P-U12P | U8P-U12P | Steen | | | |
| 18.30-19.00 | U8D | U8D | U9D | U9D | U16P+U18P | U16P+U18P | KS | KS | | U16D | U16D | Kamp/Piger | Kamp/Piger | Kamp/Piger | Kamp/Piger | Kamp/Piger | Kamp/Piger | | | | | | | | | | |
| 19.00-19.30 | | | | | U16P+U18P | U16P+U18P | KS | KS | | U16D | U16D | Kamp/Piger | Kamp/Piger | Kamp/Piger | Kamp/Piger | Kamp/Piger | Kamp/Piger | | | | | | | | | | |
| 19.30-20.00 | | | | | U16P+U18P | U16P+U18P | KS | KS | | U16D | U16D | Kamp/Piger | Kamp/Piger | Kamp/Piger | Kamp/Piger | Kamp/Piger | Kamp/Piger | | | | | | | | | OldMaster | |
| 20.00-20.30 | | | | | U16P+U18P | U16P+U18P | KS | KS | | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | BK96 kamp / kamp | BK96 kamp / kamp | | | | | | | | | OldMaster | |
| 20.30-21.00 | | | | | | | | | | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | BK96 kamp / kamp | BK96 kamp / kamp | | | | | | | | | OldMaster | |
| 21.00-21.30 | | | | | | | | | | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | BK96 kamp / kamp | BK96 kamp / kamp | | | | | | | | | | |
| Tirsdag | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.00-16.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.30-17.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.00-17.30 | | | | | Res kamp | | U15D | U15D | | U14D-3 | U14D-2 | Res kamp | Res kamp | Res kamp | Res kamp | U7D | U7D | U7D | U7D | U7D | U7D | U7D | U6 | | | JU | JU |
| 17.30.18.00 | | | | | Res kamp | U14D-1 | U15D | U15D | | U14D-3 | U14D-2 | Res kamp | Res kamp | Res kamp | Res kamp | U7D | U7D | U7D | U7D | U7D | U7D | U7D | U6 | | | JU | JU |
| 18.00.18.30 | | | | | Res kamp | U14D-1 | U15D | U15D | | U14D-3 | U14D-2 / PA | Res kamp | Res kamp | Res kamp | Res kamp | U7D | U7D | U7D | U7D | U7D | U7D | U7D | U6 | | | JU | JU |
| 18.30-19.00 | | | | | Res kamp | U14D-1 | U19 | U19 | | HS2 | HS2 | HS1 | HS1 | HS1 | HS1 | U13D | U13D | U13D | U13D | U13D | U13D | U13D | HS | RASK | RASK | JU | JU |
| 19.00-19.30 | | | | | Res kamp | Res kamp | U19 | U19 | | HS2 | HS2 | HS1 | HS1 | HS1 | HS1 | U13D | U13D | U13D | U13D | U13D | U13D | U13D | HS | RASK | RASK | JU | JU |
| 19.30-20.00 | | | | | Res kamp | Res kamp | U19 | U19 | | HS2 | HS2 | HS1 | HS1 | HS1 | HS1 | U13D | U13D | U13D | U13D | U13D | U13D | U13D | HS | RASK | RASK | JU | JU |
| 20.00-20.30 | | | | | Res kamp | Res kamp | U19 | U19 | | HS2 | HS2 | HS1 | HS1 | HS1 | HS1 | U13D | U13D | U13D | U13D | U13D | U13D | U13D | HS | RASK | RASK | JU | JU |
| 20.30-21.00 | | | | | | | | | | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | | | | | | | | | | | | |
| 21.00-21.30 | | | | | | | | | | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | | | | | | | | | | | | |
| Onsdag | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 17.30.18.00 | | | | | U8P-U12 | U8P-U12P | U13P | U13P | U14P | U14P | U14P | U12D | U12D | U12D | U12D | U12D | U12D | U7P | U7P | U7P | U7P | U11D | | | | JU | SIFF |
| 18.00.18.30 | | | | | U8P-U12 | U8P-U12P | U13P | U13P | U14P | U14P | U14P | U12D | U12D | U12D | U12D | U12D | U12D | U7P | U7P | U7P | U7P | U11D | | | | JU | SIFF |
| 18.30-19.00 | | | | | U8P-U12 | U8P-U12P | U13P | U13P | U14P | U14P | U14P | U12D | U12D | U12D | U12D | U12D | U12D | | | | | U11D | | | | JU | SIFF |
| 18.30-19.00 | | | | | U16P+U18P | U16P+U18P | KS | KS | | U13D | U16D | U15D | U15D | U15D | U15D | U15D | U15D | | | | | | | | | JU | SIFF |
| 19.00-19.30 | | | | | U16P+U18P | U16P+U18P | KS | KS | | U16D | U16D | U15D | U15D | U15D | U15D | U15D | U15D | | | | | | | | | JU | SIFF |
| 19.30-20.00 | | | | | U16P+U18P | U16P+U18P | KS | KS | | U16D | U16D | U15D | U15D | U15D | U15D | U15D | U15D | | | | | | | | | JU | SIFF |
| 20.00-20.30 | | | | | U16P+U18P | U16P+U18P | KS | KS | | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | | | | | | | | | JU | SIFF |
| 20.30-21.00 | | | | | U16P+U18P | U16P+U18P | KS | KS | | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | | | | | | | | | JU | SIFF |
| 21.00-21.30 | | | | | | | | | | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | Res kamp | | | | | | | | | JU | SIFF |
| Torsdag | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.00-16.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.30-17.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.00-17.30 | U9D | U8D | U13D | | U9D | U14P | U14D-3 | U14D-2 | | | U12/U13D | | | U8 | U7D | U6 | U6 | U6 | U6 | U6 | U6 | U6 | U7D | | | OB 11m | OB 11m |
| 17.30.18.00 | U9D | U8D | U13D | | U9D | U14P | U14D-3 | U14D-2 | | | U12/U13D | | | U8 | U7D | U6 | U6 | U6 | U6 | U6 | U6 | U6 | U7D | | | OB 11m | OB 11m |
| 18.00.18.30 | U9D | U8D | U13D | | U9D | U14P | U14D-3 | U14D-2 | | | U12/U13D | | | U8 | U7D | U6 | U6 | U6 | U6 | U6 | U6 | U6 | U7D | | | OB 11m | OB 11m |
| 18.30-19.00 | U9D | U8D | U13D | | HS2 | HS2 | HS1 | HS1 | | U14D-1 | U19D | U10-D | U10-D | Kamp / HS1 | Kamp / HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | | | OB 11m | OB 11m |
| 19.00-19.30 | | | | | HS2 | HS2 | HS1 | HS1 | | U19D | U19D | Kamp / HS1 | Kamp / HS1 | Kamp / HS1 | Kamp / HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | | | OB 11m | OB 11m |
| 19.30-20.00 | | | | | HS2 | HS2 | HS1 | HS1 | | Res kamp | Res kamp | Kamp / HS1 | Kamp / HS1 | Kamp / HS1 | Kamp / HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | | | OB 11m | OB 11m |
| 20.00-20.30 | | | | | HS2 | HS2 | HS1 | HS1 | | Res kamp | Res kamp | Kamp / HS1 | Kamp / HS1 | Kamp / HS1 | Kamp / HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | | | JU | JU |
| 20.30-21.00 | | | | | | | | | | Res kamp | Res kamp | Kamp / HS1 | Kamp / HS1 | Kamp / HS1 | Kamp / HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | | | JU | JU |
| 21.00-21.30 | | | | | | | | | | Res kamp | Res kamp | Kamp / HS1 | Kamp / HS1 | Kamp / HS1 | Kamp / HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | HS1 | | | JU | JU |
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