

<b>Mandag / Monday - UDVALGT TRAINING TCO - PLUS KTK</b>				
<b>Bill</b>	<b>David</b>			<b>Fitness and Conditioning</b>
<b>Bane 5</b> <u>16.30-18:00</u> Futures Group C Boys	<b>Bane 6</b>	<b>Bane 7</b>	<b>Bane 8</b>	
<b>Bane 5-8</b> <u>18:00 - 19:30</u> Group A Boys	<b>Bane 5-8</b> <u>17.30-19.30</u> Group A	<b>Bane 5-8</b> <u>17:30 - 19:30</u> Group A	<b>Bane 5-8</b> <u>17.30-19.30</u> Group A	
<b>Bane 5</b>	<b>Bane 6</b> <u>19.30-21:00</u> Open Court for Seniors	<b>Bane 7</b> <u>19.30-21:00</u> Open Court for Seniors	<b>Bane 8</b> <u>19:30 - 21:00</u> Open Court for Seniors	<b>Fitness and Conditioning 19:30-20:00 Meet on Court 13 ALL GROUP A</b>

<b>Tirsdag / Tuesday UDVALGT Training TCO</b>				
<b>Bill</b>	<b>David</b>		<b>Mikkel</b>	<b>Fitness and Conditioning</b>

<b>Bane 1-2</b> <u>07:30 - 10:00</u> Competitive Group	<b>Bane 1-2</b> <u>07:30 - 10:00</u> Competitive Group			
<b>Bane 1</b> <u>16:00 - 17:00</u> Group A1	<b>Bane 2</b> <u>15:30 - 17:00</u> Christoffer Holmer	<b>Bane 3</b> <u>15.30 - 17:00</u> <b>Group C and D</b> <b>(Mikkel 2 courts)</b>	<b>Bane 4</b> <u>15.30 - 17:00</u> <b>Group C and D</b>	
<b>Bane 1</b> <u>17:00 - 19:00</u> Group A1	<b>Bane 2</b> <u>17:00 - 18:30</u> Futures	<b>Bane 3</b> <u>17:00 - 19:00</u> Group A and A1 with Bill	<b>Bane 4</b> <u>17:00 - 19:00</u> Group A and A1 with Bill	
<b>Bane 1</b> <u>19:15 - 19:45</u> On-Court Fitness Training Group A1 Group A Futures	<b>Bane 2</b> <u>19:00 - 21:00</u> Teams 1 and 2 Open Training	<b>Bane 3-4</b> <u>19:00 - 21:00</u> Teams 1 and 2 Open Training	<b>Bane 3-4</b> <u>19:00 - 21:00</u> Teams 1 and 2 Open Training	

<b>Onsdag/Wednesday UDVALGT Training</b> TCO				
<b>Bill</b>	<b>Mikkel</b>	<b>David</b>		<b>Fitness and Conditioning</b>
<b>Bane 11</b> <u>16.00-17.00</u> , Christoffer Holmer	<b>Bane 10</b> <u>16:30 - 18:00</u> Group C	<b>Bane 10</b> <u>17:00 - 17:30</u> Christoffer Holmer		
<b>Bane 9</b> <u>17:00: 19:00</u> Group A (Warm Up) Futures (Warm Up) Group A1		<b>Bane 11</b> <u>17:00 - 19:00</u> Group A Futures 17:00 - 17:15 Warm Up with Bill and 17:15 - 17:30 Serves	<b>Bane 12</b> <u>17:00 - 19:00</u> Group A Futures 17:00 - 17:15 Warm Up with Bill and 17:15 - 17:30 Serves	
<b>Bane 9 -12</b> <u>19.00-21.00</u> Mads, Alex, Christian, Mikkel, Trevor	<b>Bane 9 - 12</b> <u>19.00-21.00</u> Rasmus, Haris, David,	<b>Bane 9 - 12</b> <u>19:00 - 21:00</u> Per, Lasse Johnny	<b>Bane 9 - 12</b> <u>19:00 - 21:00</u> Team Training	

<b>Torsdag / Thursday UDVALGT Training TCO</b>				
	<b>Bill</b>	<b>David</b>	<b>Mikkel</b>	<b>Fitness and Conditioning</b>
	<b>Bane 1-3</b> 07:30 - 10:00 Competitive Group		<b>Bane 1-3</b> <u>07:30 - 10:00</u> Competitive Group	
<b>Bane 5</b>	<b>Bane 6</b>	<b>Bane 7</b>	<b>Bane 8</b> <u>16:00 - 17:30</u> <b>Group C and D</b>	
<b>Bane 5</b>	<b>Bane 6</b> <u>17:00 - 19:00</u> Group A1	<b>Bane 7</b>	<b>Bane 8</b> <u>17:30 - 19:00</u> Christoffer Holmer	
<b>Bane 5-8</b> <u>19:00 - 21:00</u> Rasmus, David, Sebastian, Christian W., Fleming, Fredrik, Haris, Mikkel, Thomas	<b>Bane 5-8</b> <u>19:00 - 21:00</u> Rasmus, David, Sebastian, Christian W. Fleming, Fredrik, Haris, Mikkel, Thomas	<b>Bane 5-8</b> <u>19:00 - 21:00</u> Rasmus, David, Sebastian, Christian W., Fleming, Fredrik, Haris, Alex, Mikkel, Thomas	<b>Bane 5-8</b> <u>19:00 - 21:00</u> Rasmus, David, Sebastian, Christian W., Fleming, Fredrik, Haris, Mikkel, Thomas	

