

Træningsplan 2017/18

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag
15.30-17.00 (5 B)	15.30-17.00 (8 B)	15.30-17.00 (8 B)	15.00-16.00 (8 B) 16.00-16.30 (3 B)	15.30-17.00 (8 B)	10.00-11.00 MINITON
Christian Kirkelund Andersen Emil Stiborg Jacob Thierry Andersen Joakim Thierry Andersen Mads Dixon Mathias Hegnhøj Jørgensen Mathias Sørensen Oliver Hansen Silke Mathilde Simonsen Smilla Kristensen	Aksel Clement Leve Alisha Goandal Andreas Krogh Svarre Langner Artur Oluf Bonner August Astrup Skov Nielsen Bastian Holm Kjeldsen Bertil Cummings Eliassen Cecilie Torp Jespersen Charlene Cheng Christian Kirkelund Andersen Clara Hagner Sørensen Emil Klingenberg Jacobsen Emma Toftso Gustav Lindberg Moesgaard Helene Bech Jakobsen Ida Kloster Frederiksen Jeppe Todi Holm Johan Bloch Theill Johannes Jensen Jonas Hegnhøj Jørgensen Liva Tværrose Høgh Louis Rønnenfelt-Thorius Lovelyn Maharjan Magnus Petersen Marius Pihl Vestergaard Mathias Boilesen Mathias Hegnhøj Jørgensen Nickolai Sheng Zhang Oliver Strømning Nygaard Oscar Ølegaard Matic Oskar Schrøder Rasmus Pihl Vestergaard Ronja Hein Simon Egeberg Svarre Theis Tobias Sander Victoria Cheng William Egelund Ellebye William Grau-Foghsgaard William Westh-Jensen	Bastian Holm Kjeldsen Bertil Cummings Eliassen Emil Stiborg Jonas Hegnhøj Jørgensen Mathias Boilesen Nickolai Sheng Zhang Theis Tobias Sander William Westh-Jensen 17.00-18.00 (3 B) Pigetræning	Bastian Holm Kjeldsen Bertil Cummings Eliassen Christian Kirkelund Andersen Emil Stiborg Jonas Hegnhøj Jørgensen Mathias Boilesen Mathias Hegnhøj Jørgensen Nickolai Sheng Zhang Theis Tobias Sander William Westh-Jensen	Aksel Clement Leve Alisha Goandal Andreas Krogh Svarre Langner Artur Oluf Bonner August Astrup Skov Nielsen Cecilie Torp Jespersen Charlene Cheng Clara Hagner Sørensen Emil Klingenberg Jacobsen Emma Toftso Gustav Lindberg Moesgaard Helene Bech Jakobsen Ida Kloster Frederiksen Jeppe Todi Holm Johan Bloch Theill Johannes Jensen Jonas Andersen Liva Tværrose Høgh Louis Rønnenfelt-Thorius Lovelyn Maharjan Magnus Petersen Magnus Schrøder Marius Pihl Vestergaard Mark Cheng Markus Palm Larsen Oliver Strømning Nygaard Oscar Ølegaard Matic Oskar Schrøder Rasmus Pihl Vestergaard Ronja Hein Simon Egeberg Svarre Simon Rostad Sine-Marie Flink Iversen Victoria Cheng William Egelund Ellebye William Grau-Foghsgaard	Søndag 16.30-17.30 (8 B) Caroline Filbert Filippa Grimm Freja Aagaard Gustav Biddle Brandt Gustav Westh-Jensen Hammad Sarwar Ida Hagen Laursen Laura Valskov Weichardt Laura Westergaard Pedersen Lukas Marcher Bille Lukas Zemelis Maria Skotte Maya Oemig Oskaras Benetis 17.30-18.30 (8 B) Alfred William Schakow Anders Hagen Laursen Frida Wittbold Nielsen Gustav Fruergaard Hare Jeppe Ruby Andersen Ludvig Carl Schakow Nikki Aaron Jensen Nirvaan Grewal Sébastien Leonhard Poulsen Selma Seestedt Silke Astrid Tuxen Birkeland Sine-Marie Flink Iversen Sofie Kjær Viktor Emil Jensen Villads Staffeldt William Augsburg
17.00-18.30 (3 B) 18.30-20.00 (3 B)	17.00-18.30 (3 B)	19.00-20.30/21.00 (3 B)	16.30-18.00 (3 B)	17.00-19.00/20.00 (3 B)	18.30-19.30 (8 B)
(Joakim Andersen) Camilla Bo Andersen Christine Busch Daniel Enggaard Freja Ravn Hannah Clausen Jennifer Hansen Kristoffer Frederiksen Mads Christensen Matilde Cramer Matilde Nexmann Nicoline Pihl Nikolaj Strikart Oliver Strikart Philip Busch Philip Stiborg Rasmus Rylander Sebastian Keller Simon Bay Zenja Dam Larsen	Emil Stiborg Jonas Andersen Magnus Schrøder Magnus Wellejus Mark Cheng Markus Palm Larsen Nicklas Christensen Nikita Pultz Hansen Ole Frederiksen Rasmus Støhrmann-Brun Simon Rostad Sørine B.C. Gjedved 16.00-18.00 Hvidovre Hannah Clausen Jacob Thierry Andersen Jennifer Hansen Joakim Thierry Andersen Mads Dixon Mathias Sørensen Nikolaj Strikart Oliver Hansen Silke Mathilde Simonsen Smilla Kristensen	Camilla Bo Andersen Christine Busch Daniel Enggaard Freja Ravn Hannah Clausen Jennifer Hansen Matilde Cramer Matilde Nexmann Nikolaj Strikart Philip Stiborg Sebastian Keller Simon Bay 16.00-18.00 Greve Christian Kirkelund Andersen Jacob Thierry Andersen Mathias Hegnhøj Jørgensen 17.00-19.00 Greve Joakim Thierry Andersen Mathias Sørensen Oliver Hansen Silke Mathilde Simonsen Smilla Kristensen	Hannah Clausen Jacob Thierry Andersen Jennifer Hansen Joakim Thierry Andersen Mads Dixon Mathias Sørensen Nikolaj Strikart Oliver Hansen Silke Mathilde Simonsen Smilla Kristensen	Camilla Bo Andersen Christine Busch Daniel Enggaard Freja Ravn Hannah Clausen Jennifer Hansen Kristoffer Frederiksen Mads Christensen Matilde Cramer Matilde Nexmann Nicoline Pihl Nikolaj Strikart Oliver Strikart Philip Busch Philip Stiborg Rasmus Rylander Sebastian Keller Simon Bay Zenja Dam Larsen	Alisha Goandal Artur Oluf Bonner Emil Klingenberg Jacobsen Emma Toftso Helene Bech Jakobsen Ida Kloster Frederiksen Johan Bloch Theill Jonas Andersen Liva Tværrose Høgh Lovelyn Maharjan Magnus Petersen Magnus Schrøder Magnus Wellejus Mark Cheng Markus Palm Larsen Nicklas Christensen Nikita Pultz Hansen Ole Frederiksen Oliver Strømning Nygaard Oscar Ølegaard Matic Rasmus Støhrmann-Brun Ria Nicole Bhalla Ronja Hein Simon Larsen Simon Rostad Sørine B.C. Gjedved Victoria Cheng