

ergometerlokalet							
	mandag	tirsdag	onsdag	torsdag	fredag	lørdag	søndag
06:00	studenterroning	studenterroning	studenterroning	studenterroning	studenterroning		
07:00	studenterroning	studenterroning	studenterroning	studenterroning	studenterroning		
08:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior		
09:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior		
10:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior	KCO	KCO
11:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior	KCO	KCO
12:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior	studenterroning	studenterroning
13:00						studenterroning	studenterroning
14:00							
15:00							
16:00	Ungdom		Ungdom	Ungdom			
17:00	KCO	KCO	KCO	KCO	KCO		
18:00	KCO	KCO	KCO	KCO	KCO		
19:00	studenterroning	motion	studenterroning	motion			
20:00	studenterroning	motion	studenterroning	motion			
21:00		motion		motion			
22:00							

førstesalen							
	mandag	tirsdag	onsdag	torsdag	fredag	lørdag	søndag
06:00							
07:00							
08:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior		
09:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior		
10:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior	ungdom	
11:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior	ungdom	
12:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior		
13:00							
14:00							
15:00							
16:00	Ungdom		Ungdom	Ungdom			
17:00	KCO	KCO	KCO	KCO	KCO		
18:00	KCO	KCO	KCO	KCO	KCO		
19:00	studenterroning	motion	studenterroning	motion			
20:00	studenterroning	motion	studenterroning	motion			
21:00		motion		motion			
22:00							

styrketræning (bådehal)							
	mandag	tirsdag	onsdag	torsdag	fredag	lørdag	søndag
06:00							
07:00							
08:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior		
09:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior		
10:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior		
11:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior		
12:00	sen-senior	sen-senior	sen-senior	sen-senior	sen-senior		
13:00							
14:00						KCO	KCO
15:00						KCO	KCO
16:00	Ungdom	KCO	Ungdom	Ungdom		KCO	KCO
17:00	Ungdom	KCO		KCO		KCO	KCO
18:00	studenterroning	KCO	Studenterroning	KCO			
19:00	studenterroning	KCO	studenterroning	KCO			
20:00	studenterroning		studenterroning	KCO			
21:00							
22:00							