# Frognerhallen 2011-2012

| Timer Åpner | Mandag Vakt | Tirsdag Vakt | Onsdag Vakt | Torsdag Vakt | Fredag Vakt | Lørdag Vakt | Søndag Vakt | Timer Åpner |
|---|---|---|---|---|---|---|---|---|
| 7,00 | | | | | | | | 7,00 |
| 8,00 | | | | | | | | 8,00 |
| 9,00 | Melvold og Frogner | | | | | Leirsund OB | AHK | 9,00 |
| 10,00 | | | | | | J10 | AHK | 10,00 |
| 11,00 | | | | | | J11 | AHK | 11,00 |
| 12,00 | | | | | | J12 | AHK | 12,00 |
| 13,00 | | | | | | J13 | AHK | 13,00 |
| 14,00 - 14,30 | | | | | G12 | Spillerutvikling | AHK | 14,00 - 14,30 |
| 15,00 - 15,30 | | | | | G12 | Spillerutvikling | AHK | 15,00 - 15,30 |
| 15,30 - 16,00 | | | | J13 | | Spillerutvikling | AHK | 15,30 - 16,00 |
| 16,00 - 16,30 | | Stena Metal | Sørumskara | J13 | G11 | Trond Lindvik | AHK | 16,00 - 16,30 |
| 16,30 - 17,00 | G11 | Stena Metal | Sørumskara | J13 | G11 | Trond Lindvik | AHK | 16,30 - 17,00 |
| 17,00 - 17,30 | G11/G8 | G10 | Badminton | J9 | G9 | Lundermoen OB | AHK | 17,00 - 17,30 |
| 17,30 - 18,00 | G11/G8 | G10 | Badminton | J9 | G9 | Lundermoen OB | AHK | 17,30 - 18,00 |
| 18,00 - 18,30 | HK-2 | J10 | Badminton | HK-1 | J8 | | Badminton | 18,00 - 18,30 |
| 18,30 - 19,00 | HK-2 | J10 | Badminton | HK-1 | J8 | | Badminton | 18,30 - 19,00 |
| 19,00 - 19,30 | Badm/G12 | J11 | Badminton | G12 | HBS Hagen BS | | Badminton | 19,00 - 19,30 |
| 19,30 - 20,00 | Badm/G12 | J11 | Badminton | G12 | HBS Hagen BS | | Badminton | 19,30 - 20,00 |
| 20,00 - 20,30 | Badm/G12 | J13 / J12 | Badminton | G12 | | | Badminton | 20,00 - 20,30 |
| 20,30 - 21,00 | Badm/DamL. | J13 / J12 | Badminton | D5 | | | Badminton | 20,30 - 21,00 |
| 21,00 - 21,30 | D5 | Fotball A-lag | Badminton | D5 | | | Badminton | 21,00 - 21,30 |
| 21,30 - 22,00 | D5 | Fotball A-lag | Badminton | D5 | | | | 21,30 - 22,00 |
| 22,00 - 22,30 | D5 | Fotball A-lag | | | | | | 22,00 - 22,30 |
| 22,30 - 23,00 | | | | | | | | 22,30 - 23,00 |
| 23,00 - 23,30 | | | | | | | | 23,00 - 23,30 |