**Sædalshallen 2018/2019**

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| **Tid** | **mandag** | **tirsdag** | **onsdag** | **torsdag** | **fredag** |
| 16-17 | **SIL Håndball jr** | **SIL J2008** | **SIL J2005 + J2006** | **SIL J2006** | KRIL |
| 17-18 | **SIL G2007+G2008** | **SIL J2003 + J2004** | KRIL J2007 + **SIL J2007** | **SIL J2008 +** KRIL J2008 | KRIL |
| 18-19 | **SIL J2007** | **SIL J2006** | **SIL Innebandy** **18:00 – 19:30** | **SIL J2005** | **SIL J2003 + J2004** |
| 19-20 | KRIL J2003 **+ SIL J2003** | **SIL J2005** | **SIL J2004 +** KRIL J2003(19:30-21:00) | **SIL J2005** *(til19.30)* | **SIL G2003** |
| 20-21 | KRIL | **SIL G2003** | **SIL J2004** + KRIL J2003(19:30-21:00) | KRIL G2007 (19:30-20:30)**+ SIL G2003** (19:30- 21:00) | Freeride (SIL) |
| 21-22.30 | **SIL  Innebandy** | **SIL Håndball Sr** | KRIL | **SIL  Innebandy** | Freeride (SIL) |

Minihåndball-lagene (J/G 2009-J/G 2012) vil fra sesongen 2018/2019 trene i Natland Oppveksttun (NOT)