5'er baner	5A		5B		5C		5D		5E		5F		5G		5H		5I		5J		5K		5L		5M		5N
7'er baner	7A				7B				7C				7D				7E				7F				7G		
11'er baner	11A												11B														

Dag	**Tid**																										
Mandag	15.30-17.00	J14				J12								G8				J8/9				G/J7					
	17.00-18.30	G10				G9				LFK		J10		G8/J8-9/G-J7/LFK: 1/4-bane hver, G8/J8-9 v/Lilleb., G-J7/LFK mot skogen													
	18.30-20.00	J16 / G15 /G19: 1/3-bane hver, J16 v/klubbhuset								G16				G14/G15/G13/ J13: 1/4-bane hver, G14/15 v/Lillebanen, G/J13 mot skogen													
	20.00-21.30	Senior Dame A				Senior Herrer A				LFK				Senior Dame B				Senior Herre B				LFK B					
Tirsdag	15.30-17.00	J16				LFK																					
	17.00-18.30	LFK				LFK				J12				J11				G12				G11					
	18.30-20.00	G15				(G19)				J14				G14				J13				G13					
	20.00-21.30	Senior Herrer A				LFK				Veteran M34				Senior Herrer B													
Onsdag	15.30-17.00	J14				LFK																					
	17.00-18.30	(G10)				LFK				(J10)				G/J6 (høst)				G12				(G/J7)					
	18.30-20.00	(J16)				G19				(G16)				(G14)				(J13)				(G13)					
	20.00-21.30	Senior Dame A				Senior Herrer A				LFK				Veteran M49				Senior Herre B				LFK					
Torsdag	15.30-17.00	J14				J12																					
	17.00-18.30	G9/G10/G11/J11: 1/4-bane, G9/10 v/klubbhus.								J10				G8/J8-9/G12/LFK: 1/4-bane, G8/J8-9 v/Lillebanen, G12/LFK mot skogen										Friidretten			
	18.30-20.00	J16				G19				G16				G14/G15/G13/ J13: 1/4-bane, G14/15 v/Lillebanen, G/J13 mot skogen										Friidretten			
	20.00-21.30	Senior Dame A				LFK				(Senior Herrer A)				Senior Dame B				Veteran M34				LFK					
Fredag	15.30-17.00																										
	17.00-18.30																	(G12)				(J12)					
	18.30-20.00																	(J13)				(G13)					
	20.00-21.30																										
Lørdag	15.30-17.00																										
	17.00-18.30																										
	18.30-20.00																										
	20.00-21.30																										
Søndag	15.30-17.00																										
	17.00-18.30																										
	18.30-20.00	G15								(G16)																	
	20.00-21.30																										