

| Treningstider uke 41 | GR | Trener | Sted | |
|-----------------------------|-------------|---------------|-------------------------------|-------------|
| Mandag | 16.30-17.20 | IS | Gr1A/Gr1B Anna/ Kasia | Sparta Amfi |
| | 17.20-18.10 | IS | Gr2/Gr3 Anna/Kasia | Sparta Amfi |
| | 18.15-19.00 | Barmark | Gr2/Gr3/ASP Anna | Trimrommet |
| | 18.10-18.50 | IS | ASP/Skøyteskole Kasia/Juliane | Sparta Amfi |
| Tirsdag | 15.00-15.50 | IS | Gr1A/Gr1B Anna/ Kasia | Sparta Amfi |
| | 16.00-17.00 | Barmark | Gr1A/Gr1B Janne | Kruseløkka |
| | 16.30-17.20 | IS | Gr2/Gr3/ASP Anna/Kasia | Ung-hall |
| | 17.30-18.20 | Barmark | Gr2/Gr3/ASP Janne | Trimromet |
| | 17.30-18.20 | IS | Gr1A/Gr1B Anna/Kasia | Ung-hall |
| Onsdag | 07.00-07.50 | IS | Gr2/Gr3 Anna | Sparta Amfi |
| | 15.00-15.50 | IS | Gr1A/Gr1B Anna/Kasia | Sparta Amfi |
| | 16.10-17.10 | Barmark | Gr1A/Gr1B Anna | Kruseløkka |
| | 20.00-20.50 | IS | Gr1A/Gr1B Anna | Sparta Amfi |
| Torsdag | 07.00-07.50 | IS | Gr1A/Gr1B Anna/Kasia | Sparta Amfi |
| | 15.30-16.20 | IS | Gr1A/Gr1B Anna/Kasia | Ung-hallen |
| | 16.30-17.20 | Barmark | Gr1A/Gr1B Janne | Trimrommet |
| | 16.30-17.20 | IS | Gr2/Gr3 Anna/Kasia | Ung-hallen |
| | 17.30-18.20 | Barmark | Gr2/Gr3/ASP Anna | Trimrommet |
| | 17.30-18.20 | IS | ASP/Skøyteskole Kasia/Juliane | Ung-hallen |
| Fredag | 15.00-15.50 | IS | Gr1A/Gr1B Anna/Kasia | Ung-hallen |
| | 16.00-16.50 | Ballet | Gr1A/Gr1B Lena | Trimrommet |
| | 16.00-16.50 | IS | Gr2/Gr3 Anna | Ung-hallen |

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|---------------|--------------|--------|-------------|------|-------------|
| | 17.00-17.50 | Ballet | Gr2/Gr3/ASP | Lena | Trimrommet |
| | 17.00-17.50 | IS | Til disp | Anna | Ung-hallen |
| | 18.00-18.50 | IS | ASP | Anna | Ung-halle |
| Lørdag | 07.00-07.50 | IS | Gr2 | ENO | Sparta Amfi |
| | 08.00-08.50 | IS | Gr3/ASP | ENO | Sparta Amfi |
| | 09.00-09.50 | IS | Gr1A/Gr1B | ENO | Sparta Amfi |
| | 09.30- 10.20 | IS | Kanselleres | | Ung-hallen |
| | 15.30-16.20 | IS | Kanselleres | | Ung-hallen |
| | 16.30-17.20 | IS | Kanselleres | | Ung-hallen |
| Søndag | FRI | | | | |