Mandag

KASTELLET	
Kastellet	
Tid/baner	Bane 1
16:00-18:00	Oslo Volley
18:00-19:30	Oslo Volley
19:30-21:00	Oslo Volley
21:00-22:30	Vina

TÅSEN	
Tåsen	
Tid/baner	Bane 1
20:00-22:30	Koll

NYDALEN			
Nydalen			
Tid/baner	Bane 1	Bane 2	Bane 3
18:30-20:30	Oslo Volley	Vestli	Koll

KRINGSJÅ			
Kringsjå			
Tid/baner	Bane 1	Bane 2	Bane 3
20:30-22:30	Koll	Koll	Koll

STOVNER			
Stovner			
Tid/baner	Bane 1	Bane 2	Bane 3
16:00-17:30	Vestli	Vestli	Vestli
17.30-19.30	Vestli	Vestli	Vestli

Tirsdag

TÅSEN	
Tåsen	
Tid/baner	Bane 1
18:00-19:30	Koll
19:30-21:00	Koll
21:00-22:30	Koll

TEGLVERKET			
Teglverket			
Tid/baner	Bane 1	Bane 2	Bane 3
19:30-21:00	Bislett	Anker	Bislett
21:00-22:30	Bislett	Anker	Sentrum

NYDALEN			
Nydalen			
Tid/baner	Bane 1	Bane 2	Bane 3
19:30-21:00	Koll	Oslo Volley	OSVB
21:00-22:30	Koll	Oslo Volley	Oslo Volley

VOKSENHALLEN			
Voksen			
Tid/baner	Bane 1	Bane 2	Bane 3
18:30-20:00	VASK	VASK	Oldenborg
20:00-21:30	VASK	Oldenborg	Oldenborg

Onsdag

KASTELLET	
Kastellet	
Tid/baner	Bane 1
16:00-18:00	Oslo Volley
18:00-19:30	Oslo Volley
19:30-21:00	Oslo Volley
21:00-22:30	Ljan

TÅSEN	
Tåsen	
Tid/baner	Bane 1
18:00-19:30	OSVB
19:30-21:00	Koll
21:00-22:30	Koll

NYDALEN			
Nydalen			
Tid/baner	Bane 1	Bane 2	Bane 3
19:30-21:00	Oslo Volley	Oslo Volley	Koll
21:00-22:30	Oslo Volley	Oslo Volley	Koll

KRINGSJÅ			
Kringsjå			
Tid/baner	Bane 1	Bane 2	Bane 3
16:00-18:00	Koll	Koll	Koll
18:00-20:00	Koll		

STOVNER			
Stovner			
Tid/baner	Bane 1	Bane 2	Bane 3
19:00-21:30	Vestli		

Torsdag

KASTELLET	
Kastellet	
Tid/baner	Bane 1
16:00-18:00	Oslo Volley
18:00-20:30	Oslo Volley
20:30-22:30	Polonia

TÅSEN	
Tåsen	
Tid/baner	Bane 1
18:00-19:30	Koll
19:30-21:00	Koll
21:00-22:30	Koll

TEGLVERKET			
Teglverket			
Tid/baner	Bane 1	Bane 2	Bane 3
19:30-21:00	Bislett	Vina	Bislett
21:00-22:30	Bislett	Vina	Sentrum

NYDALEN			
Nydalen			
Tid/baner	Bane 1	Bane 2	Bane 3
17:00-18:30	OSVB	Oslo Volley	Koll
18:30-20:30	Oslo Volley	Oslo Volley	Koll
20:30-22:30		Oslo Volley	

VOKSENHALLEN			
Voksen			
Tid/baner	Bane 1	Bane 2	Bane 3
18:30-20:30	Oldenborg	VASK	VASK
20:30-22:30	Oldenborg	Koll	VASK

STOVNER			
Stovner			
Tid/baner	Bane 1	Bane 2	Bane 3
19:30-21:00	Vestli	Vestli	Vestli
21:00-22:30	Vestli	Vestli	Vestli

Fredag

KASTELLET	
Kastellet	
Tid/baner	Bane 1
16:00-18:00	Oslo Volley
18:00-20:00	Oslo Volley
20:00-22:00	Oslo Volley

TÅSEN	
Tåsen	
Tid/baner	Bane 1
16:00-18:00	OSVB
18:00-20:00	Koll
20:00-22:00	Koll

TEGLVERKET			
Teglverket			
Tid/baner	Bane 1	Bane 2	Bane 3
20:00-22:00	Anker	Vina	Oldenborg

NYDALEN			
Nydalen			
Tid/baner	Bane 1	Bane 2	Bane 3
19:00-20:30	Raballder	Koll	Oslo Volley
20:30-22:00	Oslo Volley	Oslo Volley	Oslo Volley

KRINGSJÅ			
Kringsjå			
Tid/baner	Bane 1	Bane 2	Bane 3
18:00-20:00	Koll	Koll	Koll
20:00-22:00	Koll		