

| Mandag | | | | | | | Tirsdag | | | | | | |
|-------------|---------------|---------------|---------------|--------------|------------|-----------|---------|-------------|------------------|------------------------|---------------|------------|----------|
| | A | B | C | Speilsal | Klatrevegg | Kiosk/sos | | A | B | C | Speilsal | Klatrevegg | Kiosk/sr |
| 13.30-14.30 | | | | | | FFO | | 13.30-14.30 | | | | | FFO |
| 14.00-15.30 | Austevoll vgs | Austevoll vgs | Austevoll vgs | | | | | 14.00-15.30 | Austevoll vgs | Austevoll vgs | Austevoll vgs | | |
| 16.00-16.30 | | | | Kulturskulen | | | | 16.00-16.30 | | | | | |
| 16.30-17.00 | | | | Kulturskulen | | | | 16.30-17.00 | | | | | |
| 17.00-17.30 | | | Jenter 2011 | Kulturskulen | | | | 17.00-17.30 | Småbarnstrim | Småbarnstrim | Småbarnstrim | | |
| 17.30-18.00 | | | Jenter 2011 | Kulturskulen | | | | 17.30-18.00 | Småbarnstrim | Småbarnstrim | Småbarnstrim | | |
| 18.00-18.30 | | G 2013 | G 2013 | Kulturskulen | Klatring | | | 18.00-18.30 | volleyball j | J 2010 | Idrettskule | | |
| 18.30-19.00 | | G 2013 | G 2013 | | Klatring | | | 18.30-19.00 | volleyball j | J 2010 | Idrettskule | | |
| 19.00-19.30 | Badminton | Badminton | Badminton | | Klatring | | | 19.00-19.30 | Volleyball jente | Austevoll vidaregåande | | | |
| 19.30-20.00 | Badminton | Badminton | Badminton | | Klatring | | | 19.30-20.00 | Volleyball D | Austevoll vidaregåande | | | |
| 20.00-20.30 | Badminton | Badminton | Badminton | | | | | 20.00-20.30 | Volleyball D | Austevoll vidaregåande | | | |
| 20.30-21.00 | Fotball Jr | Fotball Jr | Fotball Jr | | | | | 20.30-21.00 | Volleyball D | | | | |
| 21.00-21.30 | Fotball Jr | Fotball Jr | Fotball Jr | | | | | 21.00-21.30 | | | | | |
| 21.30-22.00 | Fotball Jr | Fotball Jr | Fotball Jr | | | | | 21.30-22.00 | | | | | |

| Onsdag | | | | | | | Torsdag | | | | | | |
|-------------|------------|------------|------------|----------|------------|----------|---------|-------------|---------------|---------------|---------------|------------|----------|
| | A | B | C | Speilsal | Klatrevegg | Kiosk/sr | | A | B | C | Speilsal | Klatrevegg | Kiosk/sr |
| 13.30-14.30 | | | | | | FFO | | 13.30-14.30 | | | | | FFO |
| 14.15-15.30 | FFO | FFO' | FFO | | | | | 14.30-15.30 | Austevoll vgs | Austevoll vgs | Austevoll vgs | | |
| 16.00-16.30 | | | | | | | | 16.00-16.30 | G 2012 | G 2012 | | | |
| 16.30-17.00 | | | | | | | | 16.30-17.00 | G 2012 | G 2012 | | | |
| 17.00-17.30 | Klatring | j 2011 | j 2011 | | Klatring | | | 17.00-17.30 | j 2013 | G 2009 | G 2009 | | |
| 17.30-18.00 | Klatring | j 2011 | j 2011 | | Klatring | | | 17.30-18.00 | j 2013 | G 2009 | G 2009 | | |
| 18.00-18.30 | Klatring | J 2012 | J 2012 | | Klatring | | | 18.00-18.30 | Friidrett | Friidrett | Friidrett | | |
| 18.30-19.00 | Klatring | J 2012 | J 2012 | | Klatring | | | 18.30-19.00 | Friidrett | Friidrett | Friidrett | | |
| 19.00-19.30 | Badminton | Badminton | Badminton | | | | | 19.00-19.30 | Badminton | Badminton | Badminton | Turn damer | |
| 19.30-20.00 | Badminton | Badminton | Badminton | | | | | 19.30-20.00 | Badminton | Badminton | Badminton | Turn damer | |
| 20.00-20.30 | Badminton | Badminton | Badminton | | | | | 20.00-20.30 | Badminton | Badminton | Badminton | Turn damer | |
| 20.30-21.00 | Fotball Jr | Fotball Jr | Fotball Jr | | | | | 20.30-21.00 | Lerøy/KF | Lerøy/KF | Lerøy/KF | | |
| 21.00-21.30 | Fotball Jr | Fotball Jr | Fotball Jr | | | | | 21.00-21.30 | Lerøy/KF | Lerøy/KF | Lerøy/KF | | |
| 21.30-22.00 | Fotball Jr | Fotball Jr | Fotball Jr | | | | | 21.30-22.00 | Lerøy/KF | Lerøy/KF | Lerøy/KF | | |

| Fredag | | | | | |
|-------------|---|---|---|----------|------------|
| | A | B | C | Speilsal | Klatrevegg |
| 07.00-08.00 | | | | | |
| 14.30-15.30 | | | | | |
| 16.00-16.30 | | | | | |
| 16.30-17.00 | | | | | |
| 17.00-17.30 | | | | | |
| 17.30-18.00 | | | | | |
| 18.00-18.30 | | | | | |
| 18.30-19.00 | | | | | |
| 19.00-19.30 | | | | | |
| 19.30-20.00 | | | | | |
| 20.00-20.30 | | | | | |
| 20.30-21.00 | | | | | |
| 21.00-21.30 | | | | | |
| 21.30-22.00 | | | | | |

| Søndag | | | | | |
|-------------|-----------|-----------|-----------|----------|------------|
| | A | B | C | Speilsal | Klatrevegg |
| 11.00-13.00 | | | | | |
| 13.00-14.30 | | | | | |
| 14.30-15.00 | | | | | |
| 15.00-16.00 | | | | | |
| 16.00-17.00 | | | | | |
| 17.00-18.00 | | | | | |
| 18.00-19.00 | Badminton | Badminton | Badminton | | |
| 19.00-19.30 | Badminton | Badminton | Badminton | | |
| 19.30-20.00 | Badminton | Badminton | Badminton | | |
| 20.00-20.30 | | | | | |
| 20.30-21.00 | | | | | |
| 21.00-21.30 | | | | | |
| 21.30-22.00 | | | | | |