

# Hillerødgade Spejlsal 2026 - 28

| 18-08-2026 |       | Mandag                                             | Tirsdag                                            | Onsdag                                  | Torsdag                                            | Fredag                                                                                                                        | Lørdag                 | Søndag |
|------------|-------|----------------------------------------------------|----------------------------------------------------|-----------------------------------------|----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------|--------|
| 06:00      | 06:15 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 06:15      | 06:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 06:30      | 06:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 06:45      | 07:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 07:00      | 07:15 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 07:15      | 07:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 07:30      | 07:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 07:45      | 08:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 08:00      | 08:15 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 08:15      | 08:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 08:30      | 08:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 08:45      | 09:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 09:00      | 09:15 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 09:15      | 09:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 09:30      | 09:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 09:45      | 10:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 10:00      | 10:15 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 10:15      | 10:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 10:30      | 10:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 10:45      | 11:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 11:00      | 11:15 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 11:15      | 11:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 11:30      | 11:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 11:45      | 12:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 12:00      | 12:15 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 12:15      | 12:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 12:30      | 12:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 12:45      | 13:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 13:00      | 13:15 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 13:15      | 13:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 13:30      | 13:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 13:45      | 14:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 14:00      | 14:15 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 14:15      | 14:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 14:30      | 14:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 14:45      | 15:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 15:00      | 15:15 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 15:15      | 15:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 15:30      | 15:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 15:45      | 16:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 16:00      | 16:15 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 16:15      | 16:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 16:30      | 16:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 16:45      | 17:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 17:00      | 17:15 | KSI - Københavns<br>Universitets<br>Studenteridræt | Dansende<br>Dynamisk Verden<br>Skole               | Global Kidz -<br>World Dance<br>Academy | Dansende<br>Dynamisk Verden<br>Skole               | Capoeira<br>Malungos<br>Nørrebro                                                                                              | Pan Idræt<br>København |        |
| 17:15      | 17:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 17:30      | 17:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 17:45      | 18:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 18:00      | 18:15 | Nørrebro Karate<br>Klub                            | Dansende<br>Dynamisk Verden<br>Skole               | Nørrebro Karate<br>Klub                 | Dansende<br>Dynamisk Verden<br>Skole               |                                                                                                                               |                        |        |
| 18:15      | 18:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 18:30      | 18:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 18:45      | 19:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 19:00      | 19:15 | KSI - Københavns<br>Universitets<br>Studenteridræt | Dansende<br>Dynamisk Verden<br>Skole               | Nørrebro Karate<br>Klub unge            |                                                    |                                                                                                                               |                        |        |
| 19:15      | 19:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 19:30      | 19:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 19:45      | 20:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 20:00      | 20:15 | KSI - Københavns<br>Universitets<br>Studenteridræt | KSI - Københavns<br>Universitets<br>Studenteridræt | Pan Idræt<br>København                  | KSI - Københavns<br>Universitets<br>Studenteridræt |                                                                                                                               |                        |        |
| 20:15      | 20:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 20:30      | 20:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 20:45      | 21:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 21:00      | 21:15 | Pan Idræt<br>København                             |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 21:15      | 21:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 21:30      | 21:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 21:45      | 22:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 22:00      | 22:15 | Pan Idræt<br>København                             |                                                    |                                         |                                                    | <div><div></div>Skoler, institutioner, foreninger</div> <div><div></div>Ledig foreningstid</div> <div><div></div>Lukket</div> |                        |        |
| 22:15      | 22:30 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 22:30      | 22:45 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |
| 22:45      | 23:00 |                                                    |                                                    |                                         |                                                    |                                                                                                                               |                        |        |