

| måndag 12-feb |                                |                     |             | tisdag 13-feb |                                |                     |             | onsdag 14-feb |                     |                     |             | torsdag 15-feb |                                  |                     |             |
|---------------|--------------------------------|---------------------|-------------|---------------|--------------------------------|---------------------|-------------|---------------|---------------------|---------------------|-------------|----------------|----------------------------------|---------------------|-------------|
| 3             |                                | B-hallen            |             | A-hallen      |                                | B-hallen            |             | A-hallen      |                     | B-hallen            |             | A-hallen       |                                  | B-hallen            |             |
| 08.00-08.30   |                                |                     | 08.15-08.45 | 08.00-08.30   |                                |                     | 08.15-08.45 | 08.00-08.30   |                     |                     | 08.15-08.45 | 08.00-08.30    |                                  |                     | 08.15-08.45 |
| 08.30-09.00   |                                |                     | 08.45-09.15 | 08.30-09.00   |                                |                     | 08.45-09.15 | 08.30-09.00   |                     |                     | 08.45-09.15 | 08.30-09.00    |                                  |                     | 08.45-09.15 |
| 09.00-09.30   |                                |                     | 09.15-09.45 | 09.00-09.30   |                                |                     | 09.15-09.45 | 09.00-09.30   |                     |                     | 09.15-09.45 | 09.00-09.30    |                                  |                     | 09.15-09.45 |
| 09.30-10.00   |                                |                     | 09.45-10.15 | 09.30-10.00   |                                |                     | 09.45-10.15 | 09.30-10.00   |                     |                     | 09.45-10.15 | 09.30-10.00    |                                  |                     | 09.45-10.15 |
| 10.00-10.30   |                                |                     | 10.15-10.45 | 10.00-10.30   |                                |                     | 10.15-10.45 | 10.00-10.30   |                     |                     | 10.15-10.45 | 10.00-10.30    |                                  |                     | 10.15-10.45 |
| 10.30-11.00   |                                |                     | 10.45-11.15 | 10.30-11.00   |                                |                     | 10.45-11.15 | 10.30-11.00   |                     |                     | 10.45-11.15 | 10.30-11.00    |                                  |                     | 10.45-11.15 |
| 11.00-11.30   |                                |                     | 11.15-11.45 | 11.00-11.30   |                                |                     | 11.15-11.45 | 11.00-11.30   |                     |                     | 11.15-11.45 | 11.00-11.30    |                                  |                     | 11.15-11.45 |
| 11.30-12.00   |                                |                     | 11.45-12.15 | 11.30-12.00   |                                |                     | 11.45-12.15 | 11.30-12.00   |                     |                     | 11.45-12.15 | 11.30-12.00    |                                  |                     | 11.45-12.15 |
| 12.00-12.30   |                                |                     | 12.15-12.45 | 12.00-12.30   |                                |                     | 12.15-12.45 | 12.00-12.30   |                     |                     | 12.15-12.45 | 12.00-12.30    |                                  |                     | 12.15-12.45 |
| 12.30-13.00   |                                |                     | 12.45-13.15 | 12.30-13.00   |                                |                     | 12.45-13.15 | 12.30-13.00   |                     |                     | 12.45-13.15 | 12.30-13.00    |                                  |                     | 12.45-13.15 |
| 13.00-13.30   |                                |                     | 13.15-13.45 | 13.00-13.30   |                                |                     | 13.15-13.45 | 13.00-13.30   |                     |                     | 13.15-13.45 | 13.00-13.30    |                                  |                     | 13.15-13.45 |
| 13.30-14.00   |                                |                     | 13.45-14.15 | 13.30-14.00   |                                |                     | 13.45-14.15 | 13.30-14.00   |                     |                     | 13.45-14.15 | 13.30-14.00    |                                  |                     | 13.45-14.15 |
| 14.00-14.30   | Allmänhetens åkning            | Allmänhetens åkning | 14.15-14.45 | 14.00-14.30   | Allmänhetens åkning            | Allmänhetens åkning | 14.15-14.45 | 14.00-14.30   | Allmänhetens åkning | Allmänhetens åkning | 14.15-14.45 | 14.00-14.30    | Allmänhetens åkning              | Allmänhetens åkning | 14.15-14.45 |
| 14.30-15.00   |                                |                     | 14.45-15.15 | 14.30-15.00   |                                |                     | 14.45-15.15 | 14.30-15.00   |                     |                     | 14.45-15.15 | 14.30-15.00    |                                  |                     | 14.45-15.15 |
| 15.00-15.30   |                                |                     | 15.15-15.45 | 15.00-15.30   |                                |                     | 15.15-15.45 | 15.00-15.30   |                     |                     | 15.15-15.45 | 15.00-15.30    | Konståkning                      |                     | 15.15-15.45 |
| 15.30-16.00   | Konståkning                    |                     | 15.45-16.15 | 15.30-16.00   | Konståkning                    |                     | 15.45-16.15 | 15.30-16.00   | Konståkning         |                     | 15.45-16.15 | 15.30-16.00    | Omklädnings 9&11:<br>16.00-18.15 |                     | 15.45-16.15 |
| 16.00-16.30   |                                |                     | 16.15-16.45 | 16.00-16.30   |                                |                     | 16.15-16.45 | 16.00-16.30   |                     |                     | 16.15-16.45 | 16.00-16.30    |                                  |                     | 16.15-16.45 |
| 16.30-17.00   | Omklädnings 11:<br>15.00-17.30 | U9                  | 16.45-17.15 | 16.30-17.00   | Omklädnings 11:<br>15.30-18.00 | F10                 | 16.45-17.15 | 16.30-17.00   |                     |                     | 16.45-17.15 | 16.30-17.00    |                                  | U9                  | 16.15-16.45 |
| 17.00-17.30   |                                | 9                   | 17.15-17.45 | 17.00-17.30   |                                | 5                   | 17.15-17.45 | 17.00-17.30   |                     | U10                 | 17.15-17.45 | 17.00-17.30    |                                  | 6                   | 16.45-17.15 |
| 17.30-18.00   |                                | F12 / F14           | 17.45-18.15 | 17.30-18.00   |                                | U8                  | 17.45-18.15 | 17.30-18.00   |                     | 6                   | 17.45-18.15 | 17.30-18.00    |                                  | U10                 | 17.15-17.45 |
| 18.00-18.30   |                                | 7                   | 18.15-18.45 | 18.00-18.30   |                                | U7                  | 18.15-18.45 | 18.00-18.30   |                     | F10 / F12 / F14     | 18.15-18.45 | 18.00-18.30    |                                  | 7                   | 17.45-18.15 |
| 18.30-19.00   |                                | U12/13              | 18.45-19.15 | 18.30-19.00   |                                | U11                 | 18.45-19.15 | 18.30-19.00   |                     | 5+13                | 18.45-19.15 | 18.30-19.00    |                                  | U11                 | 18.15-18.45 |
| 19.00-19.30   |                                | 5+6                 | 19.15-19.45 | 19.00-19.30   |                                | 9                   | 19.15-19.45 | 19.00-19.30   | U12/13              | Mv-träning          | 19.15-19.45 | 19.00-19.30    | A-lag                            | 9                   | 18.45-19.15 |
| 19.30-20.00   | A-lag                          | U14/15              | 19.45-20.15 | 19.30-20.00   | Isvärming                      | Konståkning         | 19.45-20.15 | 19.30-20.00   | 9                   | 7                   | 19.45-20.15 | 19.30-20.00    | inkl mv-träning                  | Konståkning         | 19.15-19.45 |
| 20.00-20.30   |                                | 12                  | 20.15-20.45 | 20.00-20.30   | A-lag                          |                     | 20.15-20.45 | 20.00-20.30   | Damer / F16         | U14/15              | 20.15-20.45 | 20.00-20.30    |                                  |                     | 19.45-20.15 |
| 20.30-21.00   |                                | IceAge              | 20.45-21.15 | 20.30-21.00   |                                |                     | 20.45-21.15 | 20.30-21.00   |                     | 12                  | 20.45-21.15 | 20.30-21.00    |                                  |                     | 20.15-20.45 |
| 21.00-21.30   | Mariners                       |                     | 21.15-21.45 | 21.00-21.30   | Gimo                           | IceAge              | 21.15-21.45 | 21.00-21.30   | 5+6                 |                     | 21.15-21.45 | 21.00-21.30    |                                  |                     | 20.45-21.15 |
| 21.30-22.00   |                                |                     | 21.45-22.15 | 21.30-22.00   | 5+6                            |                     | 21.45-22.15 | 21.30-22.00   |                     | Mariners            | 21.45-22.15 | 21.30-22.00    |                                  |                     | 21.15-21.45 |
| 22.00-22.30   |                                | 7+9                 | 22.15-22.45 | 22.00-22.30   |                                | 7+9                 | 22.15-22.45 | 22.00-22.30   |                     |                     | 22.15-22.45 | 22.00-22.30    | Mariners                         |                     | 21.45-22.15 |
| 22.30-23.00   |                                |                     |             | 22.30-23.00   |                                |                     |             | 22.30-23.00   |                     |                     |             | 22.30-23.00    |                                  |                     | 22.15-22.45 |

Målvaktsträning:

Ungdom 18.35-19.35

| fredag 16-feb |              |              |             | lördag 17-feb |                |              |             | söndag 18-feb |             |              |             |
|---------------|--------------|--------------|-------------|---------------|----------------|--------------|-------------|---------------|-------------|--------------|-------------|
| A-hallen      |              | B-hallen     |             | A-hallen      |                | B-hallen     |             | A-hallen      |             | B-hallen     |             |
| 08.00-08.30   |              |              | 08.15-08.45 | 08.00-08.30   |                |              | 08.15-08.45 | 08.00-08.30   |             |              | 08.15-08.45 |
| 08.30-09.00   |              |              | 08.45-09.15 | 08.30-09.00   |                |              | 08.45-09.15 | 08.30-09.00   | Konståkning |              | 08.45-09.15 |
| 09.00-09.30   |              |              | 09.15-09.45 | 09.00-09.30   | HSK nyb.+Lekis |              | 09.15-09.45 | 09.00-09.30   |             |              | 09.15-09.45 |
| 09.30-10.00   |              |              | 09.45-10.15 | 09.30-10.00   | 5+6            |              | 09.45-10.15 | 09.30-10.00   |             |              | 09.45-10.15 |
| 10.00-10.30   |              |              | 10.15-10.45 | 10.00-10.30   | HSK Flickor    |              | 10.15-10.45 | 10.00-10.30   |             |              | 10.15-10.45 |
| 10.30-11.00   |              |              | 10.45-11.15 | 10.30-11.00   | 7              |              | 10.45-11.15 | 10.30-11.00   |             | U11          | 10.45-11.15 |
| 11.00-11.30   |              |              | 11.15-11.45 | 11.00-11.30   | HSK Forts.+Dam | F10          | 11.15-11.45 | 11.00-11.30   |             | 9            | 11.15-11.45 |
| 11.30-12.00   |              |              | 11.45-12.15 | 11.30-12.00   | 5+11           | Allmänhetens | 11.45-12.15 | 11.30-12.00   |             | Allmänhetens | 11.45-12.15 |
| 12.00-12.30   |              |              | 12.15-12.45 | 12.00-12.30   | U9             | åkning       | 12.15-12.45 | 12.00-12.30   |             | åkning       | 12.15-12.45 |
| 12.30-13.00   |              |              | 12.45-13.15 | 12.30-13.00   | Hockeyskoj     |              | 12.45-13.15 | 12.30-13.00   |             |              | 12.45-13.15 |
| 13.00-13.30   |              |              | 13.15-13.45 | 13.00-13.30   | 7+9            |              | 13.15-13.45 | 13.00-13.30   |             |              | 13.15-13.45 |
| 13.30-14.00   |              |              | 13.45-14.15 | 13.30-14.00   | Allmänheten    | U11          | 13.45-14.15 | 13.30-14.00   | Allmänheten | U14/15       | 13.45-14.15 |
| 14.00-14.30   | Allmänhetens | Allmänhetens | 14.15-14.45 | 14.00-14.30   | åkning         |              | 14.15-14.45 | 14.00-14.30   | åkning      |              | 14.15-14.45 |
| 14.30-15.00   | åkning       | åkning       | 14.45-15.15 | 14.30-15.00   |                | 15           | 14.45-15.15 | 14.30-15.00   |             | 12           | 14.45-15.15 |
| 15.00-15.30   |              |              | 15.15-15.45 | 15.00-15.30   | U10 öst 3      | U12/13       | 15.15-15.45 | 15.00-15.30   | U10 öst 3   |              | 15.15-15.45 |
| 15.30-16.00   | Konståkning  |              | 15.45-16.15 | 15.30-16.00   | Poolspel       | 13           | 15.45-16.15 | 15.30-16.00   | Poolspel    |              | 15.45-16.15 |
| 16.00-16.30   |              |              | 16.15-16.45 | 16.00-16.30   | 6+7+9+13       |              | 16.15-16.45 | 16.00-16.30   | 5+6+7+13    | U12          | 16.15-16.45 |
| 16.30-17.00   |              |              | 16.45-17.15 | 16.30-17.00   | Isvärming      | F12/F14      | 16.45-17.15 | 16.30-17.00   |             | 15           | 16.45-17.15 |
| 17.00-17.30   |              | U9           | 17.15-17.45 | 17.00-17.30   | SDHL           |              | 17.15-17.45 | 17.00-17.30   | U13 B nord  |              | 17.15-17.45 |
| 17.30-18.00   |              | 7            | 17.45-18.15 | 17.30-18.00   |                |              | 17.45-18.15 | 17.30-18.00   | Österåker 9 |              | 17.45-18.15 |
| 18.00-18.30   |              | U10          | 18.15-18.45 | 18.00-18.30   |                |              | 18.15-18.45 | 18.00-18.30   | Mälarö 18   |              | 18.15-18.45 |
| 18.30-19.00   | SDE          | 9            | 18.45-19.15 | 18.30-19.00   |                |              | 18.45-19.15 | 18.30-19.00   | Konståkning | Damer / F16  | 18.45-19.15 |
| 19.00-19.30   | 8            | U12/13       | 19.15-19.45 | 19.00-19.30   | 5+8+12+11      |              | 19.15-19.45 | 19.00-19.30   |             |              | 19.15-19.45 |
| 19.30-20.00   |              | 7            | 19.45-20.15 | 19.30-20.00   |                |              | 19.45-20.15 | 19.30-20.00   |             | 13           | 19.45-20.15 |
| 20.00-20.30   |              | U14/15       | 20.15-20.45 | 20.00-20.30   |                |              | 20.15-20.45 | 20.00-20.30   |             | IceAge       | 20.15-20.45 |
| 20.30-21.00   | Damer HC1    | 12           | 20.45-21.15 | 20.30-21.00   |                |              | 20.45-21.15 | 20.30-21.00   | Mariners    |              | 20.45-21.15 |
| 21.00-21.30   | Österåker 9  |              | 21.15-21.45 | 21.00-21.30   |                |              | 21.15-21.45 | 21.00-21.30   |             | 6+7          | 21.15-21.45 |
| 21.30-22.00   | Skå 5        |              | 21.45-22.15 | 21.30-22.00   |                |              | 21.45-22.15 | 21.30-22.00   |             |              | 21.45-22.15 |
| 22.00-22.30   |              |              | 22.15-22.45 | 22.00-22.30   |                |              | 22.15-22.45 | 22.00-22.30   |             |              | 22.15-22.45 |
| 22.30-23.00   |              |              |             | 22.30-23.00   |                |              |             | 22.30-23.00   |             |              |             |

| Poolspel   | U10   |
|------------|-------|
| Förbered   | 15:00 |
| Match 1-4  | 15:10 |
| Match 5-8  | 15:30 |
| Match 9-12 | 15:50 |
| Städa      | 16:10 |
| Spolning   | 16:20 |

| Poolspel   | U10   |
|------------|-------|
| Förbered   | 15:00 |
| Match 1-4  | 15:10 |
| Match 5-8  | 15:30 |
| Match 9-12 | 15:50 |
| Städa      | 16:10 |
| Spolning   | 16:20 |