

| måndag 16-sep |                            |                                         |             | tisdag 17-sep |                                         |                                          |             | onsdag 18-sep              |                                          |                                         |                  | torsdag 19-sep             |                          |                              |             |                      |             |
|---------------|----------------------------|-----------------------------------------|-------------|---------------|-----------------------------------------|------------------------------------------|-------------|----------------------------|------------------------------------------|-----------------------------------------|------------------|----------------------------|--------------------------|------------------------------|-------------|----------------------|-------------|
| A-hallen      |                            | B-hallen                                |             | A-hallen      |                                         | B-hallen                                 |             | A-hallen                   |                                          | B-hallen                                |                  | A-hallen                   |                          | B-hallen                     |             |                      |             |
| 07.00-08.15   | Konståkning<br>7.00-8.05   | Förskolor<br>8.30-10.00                 | 07.15-07.45 | 07.00-08.15   | Förskolor<br>9.00-10.30                 |                                          | 07.15-07.45 | 07.00-08.15                |                                          |                                         | 07.15-07.45      | 07.00-08.15                | Konståkning<br>7.00-8.05 |                              | 07.15-07.45 |                      |             |
| 07.30-08.00   |                            |                                         | 07.45-08.15 | 07.30-08.00   |                                         |                                          | 07.45-08.15 | 07.30-08.00                |                                          |                                         | 07.45-08.15      | 07.30-08.00                | 07.45-08.15              |                              |             |                      |             |
| 08.00-08.30   | Hockeygym<br>8.10-9.20     |                                         | 08.15-08.45 | 08.00-08.30   |                                         |                                          | 08.15-08.45 | 08.00-08.30                |                                          |                                         | 08.15-08.45      | 08.00-08.30                | Hockeygym<br>8.10-9.20   |                              | 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   | Allmänheten<br>utan klubb  | Allmänheten<br>med klubb<br>15.00-16.00 | 14.15-14.45 | 14.00-14.30   | Allmänheten<br>med klubb<br>14.00-15.50 | Allmänheten<br>utan klubb<br>15.00-16.00 | 14.15-14.45 | 14.00-14.30                | Allmänheten<br>utan klubb<br>14.00-15.20 | Allmänheten<br>med klubb<br>15.00-16.00 | 14.15-14.45      | 14.00-14.30                | Allmänheten<br>med klubb |                              | 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                              |                                         |                  | 15.15-15.45                |                          |                              |             |                      |             |
| 15.30-16.00   | Konståkning<br>15.30-19.30 |                                         | 15.45-16.15 | 15.30-16.00   | 15.45-16.15                             |                                          | 15.30-16.00 | Konståkning<br>15.30-19.00 | 15.45-16.15                              |                                         | 15.30-16.00      | Konståkning<br>15.30-19.00 | 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   |                            |                                         | 16.45-17.15 | 16.30-17.00   | 16.45-17.15                             |                                          | 16.30-17.00 |                            | 16.45-17.15                              |                                         | 16.30-17.00      |                            | 16.45-17.15              |                              |             |                      |             |
| 17.00-17.30   |                            |                                         | 17.15-17.45 | 17.00-17.30   | 17.15-17.45                             |                                          | 17.00-17.30 | Specialist                 | 17.15-17.45                              |                                         | 17.00-17.30      | U11<br>Omkl 6+7            | 16.15-16.45              |                              | 17.00-17.30 | U10<br>Omkl 6        | 16.15-16.45 |
| 17.30-18.00   |                            |                                         | 17.45-18.15 | 17.30-18.00   | 17.45-18.15                             |                                          | 17.30-18.00 |                            | 17.45-18.15                              |                                         | 17.30-18.00      | U13 / U14<br>Omkl 8        | 17.15-17.45              |                              | 17.30-18.00 | Flickor C<br>Omkl 8  | 17.15-17.45 |
| 18.00-18.30   |                            |                                         | 18.15-18.45 | 18.00-18.30   | 18.15-18.45                             |                                          | 18.00-18.30 |                            | 18.15-18.45                              |                                         | 18.00-18.30      | U15 / U16<br>Omkl 8        | 17.45-18.15              |                              | 18.00-18.30 |                      | 17.45-18.15 |
| 18.30-19.00   |                            |                                         | 18.45-19.15 | 18.30-19.00   | 18.45-19.15                             |                                          | 18.30-19.00 |                            | 18.45-19.15                              |                                         | 18.30-19.00      | U15 / U16<br>Omkl 5+15     | 18.15-18.45              |                              | 18.30-19.00 | U15 / U16<br>Omkl 15 | 18.15-18.45 |
| 19.00-19.30   |                            | 19.15-19.45                             | 19.00-19.30 | 19.15-19.45   | 19.00-19.30                             | 19.15-19.45                              | 19.00-19.30 | Omkl 5+15                  | 18.45-19.15                              | 19.00-19.30                             | Match<br>Omkl 15 | 18.45-19.15                |                          |                              |             |                      |             |
| 19.30-20.00   | J20<br>Omkl 8              | U15 / U16<br>Omkl 5+15                  | 19.15-19.45 | 19.30-20.00   | U15 / U16<br>Omkl 8                     | Konståkning<br>19.15-21.15               | 19.15-19.45 | 19.30-20.00                | Isvärmning<br>Match<br>A-laget           | J18<br>Omkl 7                           | 19.15-19.45      | 19.30-20.00                | Match<br>J18, Omkl 7     | Konståkning<br>19.15 - 21.15 | 19.15-19.45 |                      |             |
| 20.00-20.30   |                            | J18<br>Omkl 5+15                        | 19.45-20.15 | 20.00-20.30   | J18<br>Omkl 8                           |                                          | 19.45-20.15 | 20.00-20.30                |                                          | Omkl 7                                  | 19.45-20.15      | 20.00-20.30                |                          |                              | 19.45-20.15 |                      |             |
| 20.30-21.00   | A-lag                      | J18<br>Omkl 7                           | 20.15-20.45 | 20.30-21.00   | J18<br>Omkl 7                           |                                          | 20.15-20.45 | 20.30-21.00                |                                          | Omkl 8                                  | 20.15-20.45      | 20.30-21.00                | Vallentuna<br>Omkl 5     |                              | 20.15-20.45 |                      |             |
| 21.00-21.30   |                            | Vets<br>Omkl 6                          | 20.45-21.15 | 21.00-21.30   | A-lag                                   |                                          | 20.45-21.15 | 21.00-21.30                | Gäster:<br>Omkl 6                        | Jurassic<br>Omkl 8                      | 20.45-21.15      | 21.00-21.30                |                          |                              | 20.45-21.15 |                      |             |
| 21.30-22.00   | Iceage<br>Omkl 5           |                                         | 21.15-21.45 | 21.30-22.00   |                                         | Damer<br>Omkl 5+6                        | 21.15-21.45 | 21.30-22.00                |                                          | 21.15-22.30                             | 21.15-21.45      | 21.30-22.00                | Vets<br>21.30-23.00      | J20<br>Omkl 8                | 21.15-21.45 |                      |             |
| 22.00-22.30   |                            |                                         | 21.45-22.15 | 22.00-22.30   |                                         |                                          | 21.45-22.15 | 22.00-22.30                |                                          |                                         | 21.45-22.15      | 22.00-22.30                |                          |                              | 21.45-22.15 |                      |             |
| 22.30-23.00   |                            |                                         | 22.15-22.45 | 22.30-23.00   |                                         |                                          | 22.15-22.45 | 22.30-23.00                |                                          | Omkl 5+7                                |                  | 22.30-23.00                | Omkl 6                   |                              | 22.15-22.45 |                      |             |

Specialistpass, tisdag 16.45-19.15

|             |          |          |
|-------------|----------|----------|
| 16.45-17.15 | U9+U10   | Omkl 7+8 |
| 17.15-17.25 | Spolning |          |
| 17.25-17.55 | U11+U12  | Omkl 5+6 |
| 17.55-18.05 | Spolning |          |
| 18.05-18.35 | U13+U14  | Omkl 15  |
| 18.35-18.45 | Spolning |          |

| fredag 20-sep |                   |             |             | lördag 21-sep |                 |             |                      | söndag 22-sep     |                           |             |             |             |
|---------------|-------------------|-------------|-------------|---------------|-----------------|-------------|----------------------|-------------------|---------------------------|-------------|-------------|-------------|
| A-hallen      |                   | B-hallen    |             | A-hallen      |                 | B-hallen    |                      | A-hallen          |                           | B-hallen    |             |             |
| 07.00-08.15   | Konståkning       |             | 07.15-07.45 | 07.00-08.15   |                 |             | 07.15-07.45          | 07.00-08.15       | Konståkning<br>8.00-13.30 |             | 07.15-07.45 |             |
| 07.30-08.00   | 7.00-8.05         |             | 07.45-08.15 | 07.30-08.00   |                 |             | 07.45-08.15          | 07.30-08.00       |                           |             | 07.45-08.15 |             |
| 08.00-08.30   | Hockeygym         |             | 08.15-08.45 | 08.00-08.30   |                 | Konståkning | 08.15-08.45          | 08.00-08.30       |                           |             | 08.15-08.45 |             |
| 08.30-09.00   | 8.10-9.20         |             | 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   | Nybörjare       |             | 09.15-09.45          | 09.00-09.30       |                           | U9          |             | 08.45-09.15 |
| 09.30-10.00   |                   |             | 09.45-10.15 | 09.30-10.00   | Omkl 6          |             | 09.45-10.15          | 09.30-10.00       |                           | Omkl 6      |             | 09.15-09.45 |
| 10.00-10.30   |                   |             | 10.15-10.45 | 10.00-10.30   | H-skola flickor |             | 10.15-10.45          | 10.00-10.30       |                           | U10         |             | 09.45-10.15 |
| 10.30-11.00   |                   |             | 10.45-11.15 | 10.30-11.00   | Omkl 7          |             | 10.45-11.15          | 10.30-11.00       |                           | Omkl 7      |             | 10.15-10.45 |
| 11.00-11.30   |                   |             | 11.15-11.45 | 11.00-11.30   | Fortsättning    |             | 11.15-11.45          | 11.00-11.30       |                           | Flickor     |             | 10.45-11.15 |
| 11.30-12.00   |                   |             | 11.45-12.15 | 11.30-12.00   | Omkl 5          |             | 11.45-12.15          | 11.30-12.00       |                           | Omkl 8      |             | 11.15-11.45 |
| 12.00-12.30   |                   |             | 12.15-12.45 | 12.00-12.30   | U11             | Allmänheten | 12.15-12.45          | 12.00-12.30       |                           | Allmänheten |             | 11.45-12.15 |
| 12.30-13.00   |                   |             | 12.45-13.15 | 12.30-13.00   | Omkl 6+8        | utan klubb  | 12.45-13.15          | 12.30-13.00       |                           | med klubb   |             | 12.15-12.45 |
| 13.00-13.30   |                   |             | 13.15-13.45 | 13.00-13.30   |                 | J18         | 13.15-13.45          | 13.00-13.30       |                           | 11.45-13.05 |             | 12.45-13.15 |
| 13.30-14.00   |                   |             | 13.45-14.15 | 13.30-14.00   | Allmänheten     | Omkl 7      | 13.45-14.15          | 13.30-14.00       | Iceage                    |             | 13.15-13.45 |             |
| 14.00-14.30   | Allmänheten       | 14.15-14.45 | med klubb   | Omkl 5        | 14.15-14.45     | 14.00-14.30 | utan klubb           |                   | 13.45-14.15               |             |             |             |
| 14.30-15.00   | utan klubb        | 14.45-15.15 | 13.30-14.50 |               | 14.45-15.15     | 14.30-15.00 | 13.30-14.50          |                   | 14.15-14.45               |             |             |             |
| 15.00-15.30   | 14.00-15.20       | 15.15-15.45 | U10         | U15           | 15.15-15.45     | 15.00-15.30 | U11                  |                   | 14.45-15.15               |             |             |             |
| 15.30-16.00   | Konståkning       | 15.45-16.15 | Omkl 6      |               | 15.45-16.15     | 15.30-16.00 | Omkl 7               |                   | 15.15-15.45               |             |             |             |
| 16.00-16.30   | 15.30-18.30       | 16.15-16.45 | J20         |               | 16.15-16.45     | 16.00-16.30 | U13 / U14            |                   | 15.45-16.15               |             |             |             |
| 16.30-17.00   |                   | 16.45-17.15 | Omkl 8      |               | 16.45-17.15     | 16.30-17.00 | Omkl 5               |                   | 16.15-16.45               |             |             |             |
| 17.00-17.30   |                   | 17.15-17.45 | U13 / U14   |               | 17.15-17.45     | 17.00-17.30 | U15 / U16            |                   | 16.45-17.15               |             |             |             |
| 17.30-18.00   |                   | 17.45-18.15 | Omkl 7      |               | 17.45-18.15     | 17.30-18.00 | Omkl 6+15            | J20               | 17.15-17.45               |             |             |             |
| 18.00-18.30   |                   | 18.15-18.45 |             |               | 18.15-18.45     | 18.00-18.30 | J18                  | Omkl 8            | 17.45-18.15               |             |             |             |
| 18.30-19.00   |                   | Isvärmning  | 18.45-19.15 |               | 18.45-19.15     | 18.30-19.00 | Omkl 7               | Konståkning       | 18.15-18.45               |             |             |             |
| 19.00-19.30   | Match             | 19.15-19.45 | Match       |               | 19.15-19.45     | 19.00-19.30 | Konståkning          | 18.15-20.15       | 18.45-19.15               |             |             |             |
| 19.30-20.00   | J20: omkl 8       | 19.45-20.15 | U16 DM      |               | 19.45-20.15     | 19.30-20.00 | 19.00-20.30          |                   | 19.15-19.45               |             |             |             |
| 20.00-20.30   | Gäster:<br>Omkl 6 | 20.15-20.45 | Omkl 6+8    |               | 20.15-20.45     | 20.00-20.30 | Jurassic<br>Omkl 5+6 | Damer<br>Omkl 7+8 | 19.45-20.15               |             |             |             |
| 20.30-21.00   |                   | 20.45-21.15 |             | 20.30-21.00   | 20.45-21.15     | 20.15-20.45 |                      |                   |                           |             |             |             |
| 21.00-21.30   |                   | 21.15-21.45 |             | 21.00-21.30   | 21.15-21.45     | 20.45-21.15 |                      |                   |                           |             |             |             |
| 21.30-22.00   |                   | 21.45-22.15 |             | 21.30-22.00   | 21.45-22.15     | 21.15-21.45 |                      |                   |                           |             |             |             |
| 22.00-22.30   |                   | 22.15-22.45 |             |               | 22.15-22.45     | 22.00-22.30 |                      |                   | 21.45-22.15               |             |             |             |
| 22.30-23.00   |                   |             |             |               |                 | 22.30-23.00 |                      |                   | 22.15-22.45               |             |             |             |