

| måndag 29-nov |                |             |             | tisdag 30-nov |             |             |             | onsdag 01-dec |             |               |             | torsdag 02-dec |                |             |             |
|---------------|----------------|-------------|-------------|---------------|-------------|-------------|-------------|---------------|-------------|---------------|-------------|----------------|----------------|-------------|-------------|
| A-hallen      |                | 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   | Allmis         | Allmis      | 14.15-14.45 | 14.00-14.30   | Allmis      | Allmis      | 14.15-14.45 | 14.00-14.30   | Allmis      | Allmis        | 14.15-14.45 | 14.00-14.30    | Allmis         | Allmis      | 14.15-14.45 |
| 14.30-15.00   | 14.00-15.20    | 14.00-15.50 | 14.45-15.15 | 14.30-15.00   | 14.00-15.50 | 14.00-15.50 | 14.45-15.15 | 14.30-15.00   | 14.00-15.20 | 14.00-15.50   | 14.45-15.15 | 14.30-15.00    | 14.00-14.50    | 14.00-15.50 | 14.15-14.45 |
| 15.00-15.30   |                |             | 15.15-15.45 | 15.00-15.30   |             |             | 15.15-15.45 | 15.00-15.30   |             |               | 15.15-15.45 | 15.00-15.30    | Konstakning    |             | 14.45-15.15 |
| 15.30-16.00   | Konstakning    |             | 15.45-16.15 | 15.30-16.00   |             |             | 15.45-16.15 | 15.30-16.00   | Konstakning |               | 15.45-16.15 | 15.30-16.00    | 15.00-19.00    |             | 15.15-15.45 |
| 16.00-16.30   |                |             | 16.15-16.45 | 16.00-16.30   | Konstakning |             | 16.15-16.45 | 16.00-16.30   |             |               | 16.15-16.45 | 16.00-16.30    |                |             | 15.45-16.15 |
| 16.30-17.00   |                |             | 16.45-17.15 | 16.30-17.00   |             |             | 16.45-17.15 | 16.30-17.00   |             |               | 16.30-17.00 | 16.30-17.00    |                | FB          | 16.15-16.45 |
| 17.00-17.30   |                | FC          | 17.15-17.45 | 17.00-17.30   |             |             | 17.15-17.45 | 17.00-17.30   |             | U9 (fast tid) | 16.45-17.15 | 17.00-17.30    |                | 6           | 16.45-17.15 |
| 17.30-18.00   | Omkl 9         | 5           | 17.45-18.15 | 17.30-18.00   |             | U13         | 17.45-18.15 | 17.30-18.00   |             | Pass 1        | 17.15-17.45 | 17.30-18.00    | Omkl 9         | U11         | 17.15-17.45 |
| 18.00-18.30   | Kl 15.30-18.00 | U11         | 18.15-18.45 | 18.00-18.30   |             | 13          | 18.15-18.45 | 18.00-18.30   |             | 7             | 17.45-18.15 | 18.00-18.30    | Kl 15.30-18.00 | 5           | 17.45-18.15 |
| 18.30-19.00   |                | 7           | 18.45-19.15 | 18.30-19.00   | Omkl 9      | U10         | 18.45-19.15 | 18.30-19.00   |             | Pass 2        | 18.15-18.45 | 18.30-19.00    |                | U12         | 18.15-18.45 |
| 19.00-19.30   |                | U15 / U14   | 19.15-19.45 | 19.00-19.30   |             | 18          | 19.15-19.45 | 19.00-19.30   |             |               | 18.45-19.15 | 18.30-19.00    |                | 7           | 18.45-19.15 |
| 19.30-20.00   |                | 5+6         | 19.45-20.15 | 19.30-20.00   |             |             | 19.45-20.15 | 19.30-20.00   | Isvärming   | Pass 3        | 19.15-19.45 | 19.00-19.30    | J18            | Konstakning | 19.15-19.45 |
| 20.00-20.30   | A-lag          | J18         | 20.15-20.45 | 20.00-20.30   | Isvärming   | Konstakning | 20.15-20.45 | 20.00-20.30   | J18         | 5             | 19.45-20.15 | 19.30-20.00    | 9              |             | 19.45-20.15 |
| 20.30-21.00   |                | Omkl 9      | 20.45-21.15 | 20.30-21.00   | A-lag       | Omkl 9      | 20.45-21.15 | 20.30-21.00   | Trångsund   | Damer         | 20.15-20.45 | 20.00-20.30    | A-lag          | J20         | 20.15-20.45 |
| 21.00-21.30   |                | J20         | 21.15-21.45 | 21.00-21.30   | Farsta      |             | 21.15-21.45 | 21.00-21.30   |             | 7             | 20.45-21.15 | 20.30-21.00    |                |             | 20.45-21.15 |
| 21.30-22.00   |                |             | 21.45-22.15 | 21.30-22.00   |             | IceAge      | 21.45-22.15 | 21.30-22.00   |             |               | 21.15-21.45 | 21.00-21.30    |                |             | 21.15-21.45 |
| 22.00-22.30   |                |             | 22.15-22.45 | 22.00-22.30   |             |             | 22.15-22.45 | 22.00-22.30   | 6+9         |               | 21.45-22.15 | 21.30-22.00    |                |             | 21.45-22.15 |
| 22.30-23.00   |                |             |             | 22.30-23.00   | 5+6+7       | 15+18       |             | 22.30-23.00   |             |               | 22.15-22.45 | 22.00-22.30    |                |             | 22.15-22.45 |

|        | Målvaktsträning: | Träning:     |
|--------|------------------|--------------|
| Pass 1 | U9-U12 + FC      | Individuellt |
| Pass 2 | U13-U15 + FB     | U12          |
| Pass 3 | Junior + Senior  | U14          |

| fredag 03-dec |             |             |             | lördag 04-dec |               |                |             | söndag 05-dec |               |                |             |
|---------------|-------------|-------------|-------------|---------------|---------------|----------------|-------------|---------------|---------------|----------------|-------------|
| 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   | Konstakning   |                | 08.15-08.45 |
| 08.30-09.00   |             |             | 08.45-09.15 | 08.30-09.00   |               |                | 08.45-09.15 | 08.30-09.00   | 08.00-13.30   |                | 08.45-09.15 |
| 09.00-09.30   |             |             | 09.15-09.45 | 09.00-09.30   | HSK nybörjare | U11            | 09.15-09.45 | 09.00-09.30   |               |                | 09.15-09.45 |
| 09.30-10.00   |             |             | 09.45-10.15 | 09.30-10.00   | 6             | U9 (fast tid)  | 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   | 9              | 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             | J18            | 10.45-11.15 | 10.30-11.00   |               | U13            | 10.15-10.45 |
| 11.00-11.30   |             |             | 11.15-11.45 | 11.00-11.30   | HSK fortsätn. | 18             | 11.15-11.45 | 11.00-11.30   | OmkI 9        | 6              | 10.45-11.15 |
| 11.30-12.00   |             |             | 11.45-12.15 | 11.30-12.00   | 5             | Allmis         | 11.45-12.15 | 11.30-12.00   | KI 8.00-13.00 | Allmis         | 11.15-11.45 |
| 12.00-12.30   |             |             | 12.15-12.45 | 12.00-12.30   | U14           | 11.45-13.00    | 12.15-12.45 | 12.00-12.30   |               | 11.45-13.00    | 11.45-12.15 |
| 12.30-13.00   |             |             | 12.45-13.15 | 12.30-13.00   | Mälareö 6     |                | 12.45-13.15 | 12.30-13.00   |               |                | 12.15-12.45 |
| 13.00-13.30   |             |             | 13.15-13.45 | 13.00-13.30   | Österåker 9   |                | 13.15-13.45 | 13.00-13.30   |               | U15            | 12.45-13.15 |
| 13.30-14.00   |             |             | 13.45-14.15 | 13.30-14.00   | Allmis        |                | 13.45-14.15 | 13.30-14.00   | Allmis        | 15             | 13.15-13.45 |
| 14.00-14.30   | Allmis      | Allmis      | 14.15-14.45 | 14.00-14.30   | 13.30-14.50   |                | 14.15-14.45 | 14.00-14.30   | 13.30-14.50   |                | 13.45-14.15 |
| 14.30-15.00   | 14.00-15.20 | 14.00-15.50 | 14.45-15.15 | 14.30-15.00   |               |                | 14.45-15.15 | 14.30-15.00   |               | 18             | 14.15-14.45 |
| 15.00-15.30   |             |             | 15.15-15.45 | 15.00-15.30   | Poolspel U10  | Damer          | 15.15-15.45 | 15.00-15.30   | Poolspel U12  | Specialistpass | 14.45-15.15 |
| 15.30-16.00   | Konstakning |             | 15.45-16.15 | 15.30-16.00   |               |                | 15.45-16.15 | 15.30-16.00   |               | DB             | 15.15-15.45 |
| 16.00-16.30   | 15.30-18.30 |             | 16.15-16.45 | 16.00-16.30   | 5+6+7+9       | 13             | 16.15-16.45 | 16.00-16.30   | 5+6+7+9       | 18             | 15.45-16.15 |
| 16.30-17.00   |             |             | 16.45-17.15 | 16.30-17.00   |               |                | 16.45-17.15 | 16.30-17.00   |               | Specialistpass | 16.15-16.45 |
| 17.00-17.30   |             | U10         | 17.15-17.45 | 17.00-17.30   | Isvärming     | Specialistpass | 17.15-17.45 | 17.00-17.30   |               | DB             | 16.45-17.15 |
| 17.30-18.00   |             | 5           | 17.45-18.15 | 17.30-18.00   | J20           | 18             | 17.45-18.15 | 17.30-18.00   | J20           | 18             | 17.15-17.45 |
| 18.00-18.30   |             | U13         | 18.15-18.45 | 18.00-18.30   | Wings         |                | 18.15-18.45 | 18.00-18.30   |               | FB / U14       | 17.45-18.15 |
| 18.30-19.00   |             | 6           | 18.45-19.15 | 18.30-19.00   |               | Specialistpass | 18.15-18.45 | 18.00-18.30   |               | 13+15          | 18.15-18.45 |
| 19.00-19.30   | U12         | U14         | 19.15-19.45 | 19.00-19.30   |               | DB             | 18.45-19.15 | 18.30-19.00   | Konstakning   | Damer HSK      | 18.45-19.15 |
| 19.30-19.30   | 7           | 18          | 19.45-20.15 | 19.30-19.30   |               | 18             | 19.15-19.45 | 19.00-19.30   | 18.30-20.00   | OmkI 13        | 19.15-19.45 |
| 19.30-20.00   | U15         |             | 20.15-20.45 | 19.30-20.00   | 5+6           |                | 19.45-20.15 | 19.30-20.00   |               | IceAge         | 19.45-20.15 |
| 20.00-20.30   | 9           | J20         | 20.45-21.15 | 20.00-20.30   |               |                | 20.15-20.45 | 20.00-20.30   |               |                | 20.15-20.45 |
| 20.30-21.00   |             |             | 21.15-21.45 | 20.30-21.00   |               |                | 20.45-21.15 | 20.30-21.00   |               | OmkI 15+18     | 20.45-21.15 |
| 21.00-21.30   |             |             | 21.45-22.15 | 21.00-21.30   |               |                | 21.15-21.45 | 21.00-21.30   |               |                | 21.15-21.45 |
| 21.30-22.00   |             |             | 22.15-22.45 | 21.30-22.00   |               |                | 21.45-22.15 | 21.30-22.00   |               |                | 21.45-22.15 |
| 22.00-22.30   |             |             |             | 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 1-2 | 15.10 |
| Match 3-4 | 15.40 |
| Match 5-6 | 16.10 |
| Städa     | 16.40 |
| Spolning  | 16.50 |

| Poolspel  | U12   |
|-----------|-------|
| Förbered  | 15.00 |
| Match 1-2 | 15.10 |
| Match 3-4 | 15.40 |
| Match 5-6 | 16.10 |
| Städa     | 16.40 |
| Spolning  | 16.50 |