

| måndag 19-jan |             |           |             | tisdag 20-jan |             |           |             | onsdag 21-jan |             |           |             | torsdag 22-jan |             |              |             |
|---------------|-------------|-----------|-------------|---------------|-------------|-----------|-------------|---------------|-------------|-----------|-------------|----------------|-------------|--------------|-------------|
| 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   |             |           | 14.45-15.15 | 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   | Konstakning |           | 15.45-16.15 | 15.30-16.00   | Konstakning |           | 15.45-16.15 | 15.30-16.00   | Konstakning |           | 15.45-16.15 | 15.30-16.00    | Konstakning |              | 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   | 15.30-19.30 |           | 16.45-17.15 | 16.30-17.00   | 15.30-19.00 |           | 16.45-17.15 | 16.30-17.00   | 15.30-19.00 |           | 16.15-16.45 | 16.30-17.00    | 15.00-19.00 |              | 16.15-16.45 |
| 17.00-17.30   |             | U8        | 17.15-17.45 | 17.00-17.30   |             | U9 / U10  | 17.15-17.45 | 17.00-17.30   |             | U10F      | 17.15-17.45 | 17.00-17.30    |             | U10F / U12F  | 17.15-17.45 |
| 17.30-18.00   |             | 5, 6      | 17.45-18.15 | 17.30-18.00   |             | 5, 18     | 17.45-18.15 | 17.30-18.00   |             | 18        | 17.45-18.15 | 17.30-18.00    |             | 6, 18        | 17.45-18.15 |
| 18.00-18.30   |             | U14       | 18.15-18.45 | 18.00-18.30   |             | U11 / U12 | 18.15-18.45 | 18.00-18.30   |             | U11 / U12 | 18.15-18.45 | 18.00-18.30    |             | U14F         | 18.15-18.45 |
| 18.30-19.00   |             | 7         | 18.45-19.15 | 18.30-19.00   |             | 6, 13     | 18.45-19.15 | 18.30-19.00   |             | 6, 7      | 18.45-19.15 | 18.30-19.00    |             | 7            | 18.45-19.15 |
| 19.00-19.30   |             | U16F      | 19.15-19.45 | 19.00-19.30   | Uppvärmning |           | 19.15-19.45 | 19.00-19.30   | U14         |           | U13         | 19.15-19.45    | 19.00-19.30 | Match U16 DM | 19.15-19.45 |
| 19.30-20.00   | A-lag       |           | 19.45-20.15 | 19.30-20.00   | Match A-lag | Kallhäll  | 19.45-20.15 | 19.30-20.00   | Mälardö     |           | 15          | 19.45-20.15    | 19.30-20.00 | Vallentuna   | 19.45-20.15 |
| 20.00-20.30   |             | 5         | 20.15-20.45 | 20.00-20.30   |             |           | 20.15-20.45 | 20.00-20.30   | 5, 13       |           | U16F        | 20.15-20.45    | 20.00-20.30 | 5, 13        | 20.15-20.45 |
| 20.30-21.00   | 12          | U16 / U18 | 20.45-21.15 | 20.30-21.00   |             |           | 20.45-21.15 | 20.30-21.00   | U16 / U18   |           | 18          | 20.45-21.15    | 20.30-21.00 |              | 20.45-21.15 |
| 21.00-21.30   | Mariners    | 8, 9      | 21.15-21.45 | 21.00-21.30   | 7           | IceAge    | 21.15-21.45 | 21.00-21.30   | 8, 9        |           |             | 21.15-21.45    | 21.00-21.30 | A-lag        | 21.15-21.45 |
| 21.30-22.00   | Match       |           | 21.45-22.15 | 21.30-22.00   |             | 6, 18     | 21.45-22.15 | 21.30-22.00   | Damer       |           |             | 21.45-22.15    | 21.30-22.00 | 12           | 21.45-22.15 |
| 22.00-22.30   | 6 / 7       |           | 22.15-22.45 | 22.00-22.30   |             |           | 22.15-22.45 | 22.00-22.30   | 5           |           |             | 22.15-22.45    | 22.00-22.30 |              | 22.15-22.45 |
| 22.30-23.00   |             |           |             | 22.30-23.00   |             |           |             | 22.30-23.00   |             |           |             | 22.30-23.00    |             |              |             |

| fredag 23-jan |             |          |             | lördag 24-jan |                  |          |             | söndag 25-jan |             |          |             |
|---------------|-------------|----------|-------------|---------------|------------------|----------|-------------|---------------|-------------|----------|-------------|
| 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 nybörjare    |          | 09.15-09.45 | 09.00-09.30   | 8.30-13.30  |          | 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      | Catch-up | 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                | 18       | 10.45-11.15 | 10.30-11.00   |             | U14      | 10.45-11.15 |
| 11.00-11.30   |             |          | 11.15-11.45 | 11.00-11.30   | HSK fortsättning |          | 11.15-11.45 | 11.00-11.30   |             | 7        | 11.15-11.45 |
| 11.30-12.00   |             |          | 11.45-12.15 | 11.30-12.00   | 5                |          | 11.45-12.15 | 11.30-12.00   |             | Allmis   | 11.45-12.15 |
| 12.00-12.30   |             |          | 12.15-12.45 | 12.00-12.30   |                  | Allmis   | 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 |
| 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   | Allmis           |          | 13.45-14.15 | 13.30-14.00   | Allmis      | U11      | 13.45-14.15 |
| 14.00-14.30   | Allmis      | Allmis   | 14.15-14.45 | 14.00-14.30   |                  |          | 14.15-14.45 | 14.00-14.30   |             | 13       | 14.15-14.45 |
| 14.30-15.00   |             |          | 14.45-15.15 | 14.30-15.00   |                  |          | 14.45-15.15 | 14.30-15.00   |             | U12      | 14.45-15.15 |
| 15.00-15.30   |             |          | 15.15-15.45 | 15.00-15.30   | U10F             |          | 15.15-15.45 | 15.00-15.30   | U9          | 7        | 15.15-15.45 |
| 15.30-16.00   | Konståkning |          | 15.45-16.15 | 15.30-16.00   | 5                |          | 15.45-16.15 | 15.30-16.00   | 5           | U10      | 15.45-16.15 |
| 16.00-16.30   |             |          | 16.15-16.45 | 16.00-16.30   | U11 / U12        |          | 16.15-16.45 | 16.00-16.30   | U12F        | 18       | 16.15-16.45 |
| 16.30-17.00   | 15.30-18.30 |          | 16.45-17.15 | 16.30-17.00   |                  |          | 16.45-17.15 | 16.30-17.00   | 6           |          | 16.45-17.15 |
| 17.00-17.30   |             | U9 / U10 | 17.15-17.45 | 17.00-17.30   | 6, 7             |          | 17.15-17.45 | 17.00-17.30   | U16F        |          | 17.15-17.45 |
| 17.30-18.00   |             | 5, 13    | 17.45-18.15 | 17.30-18.00   | Match U16        |          | 17.45-18.15 | 17.30-18.00   |             |          | 17.45-18.15 |
| 18.00-18.30   |             | MV       | 18.15-18.45 | 18.00-18.30   | Tumba            |          | 18.15-18.45 | 18.00-18.30   | 7           |          | 18.15-18.45 |
| 18.30-19.00   |             | 7        | 18.45-19.15 | 18.30-19.00   |                  |          | 18.45-19.15 | 18.30-19.00   | Konståkning | Damer    | 18.45-19.15 |
| 19.00-19.30   | Match U18   | MV       | 19.15-19.45 | 19.00-19.30   | 5, 9             |          | 19.15-19.45 | 19.00-19.30   | 18.30-20.00 | 18       | 19.15-19.45 |
| 19.30-20.00   | Farsta      | 7        | 19.45-20.15 | 19.30-20.00   |                  |          | 19.45-20.15 | 19.30-20.00   |             | IceAge   | 19.45-20.15 |
| 20.00-20.30   |             | U16F     | 20.15-20.45 | 20.00-20.30   |                  |          | 20.15-20.45 | 20.00-20.30   | Mariners    | 5, 15    | 20.15-20.45 |
| 20.30-21.00   | 6, 8        | 5        | 20.45-21.15 | 20.30-21.00   |                  |          | 20.45-21.15 | 20.30-21.00   |             |          | 20.45-21.15 |
| 21.00-21.30   |             |          | 21.15-21.45 | 21.00-21.30   |                  |          | 21.15-21.45 | 21.00-21.30   |             |          | 21.15-21.45 |
| 21.30-22.00   |             |          | 21.45-22.15 | 21.30-22.00   |                  |          | 21.45-22.15 | 21.30-22.00   | 6 / 7       |          | 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   |             |          |             |