

| måndag 21-okt |                             |                            |             | tisdag 22-okt |                            |                             |                            | onsdag 23-okt              |                            |                            |             | torsdag 24-okt                     |             |             |                   |             |               |               |             |             |
|---------------|-----------------------------|----------------------------|-------------|---------------|----------------------------|-----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-------------|------------------------------------|-------------|-------------|-------------------|-------------|---------------|---------------|-------------|-------------|
| A-hallen      |                             | B-hallen                   |             | A-hallen      |                            | B-hallen                    |                            | A-hallen                   |                            | B-hallen                   |             | A-hallen                           |             | B-hallen    |                   |             |               |               |             |             |
| 07.00-08.15   | Konståkning                 | 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 |             | 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 | 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                        | 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 |             |                   | 09.15-09.45 |               |               |             |             |
| 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 klubbor | 14.15-14.45                | 14.00-14.30 | 14.15-14.45   | 14.00-14.30                | 14.15-14.45                 | 14.00-14.30                | 14.15-14.45                | Allmänheten<br>med klubbor | 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   | 14.00-15.20                 | Allmänheten<br>med klubbor | 15.15-15.45 | 15.00-15.30   | 14.00-15.50                | Allmänheten<br>utan klubbor | 15.15-15.45                | 15.00-15.30                | 14.00-15.20                | Allmänheten<br>med klubbor | 15.15-15.45 | 15.00-15.30                        | Konståkning | Allmänheten | 14.45-15.15       |             |               |               |             |             |
| 15.30-16.00   | Konståkning<br>15.30-19.30  | 15.00-16.00                | 15.45-16.15 | 15.30-16.00   | Konståkning<br>16.00-19.00 |                             | 15.45-16.15                | 15.30-16.00                | Konståkning<br>15.30-19.00 | 15.00-16.00                | 15.45-16.15 | 15.30-16.00                        | 15.45-16.15 | 15.00-16.00 | 15.45-16.15       |             |               |               |             |             |
| 16.00-16.30   |                             | JRM                        | 16.15-16.45 | 16.00-16.30   |                            |                             | Specialist                 | 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       | 16.00-16.30 | 16.15-16.45   |               |             |             |
| 16.30-17.00   |                             | Omkl 8                     | 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 | 16.30-17.00 | 16.45-17.15       | 16.30-17.00 | 16.45-17.15   |               |             |             |
| 17.00-17.30   |                             | U12                        | 17.15-17.45 | 17.00-17.30   |                            |                             |                            | 17.15-17.45                |                            | 17.00-17.30                | 17.15-17.45 | 17.00-17.30                        | 17.15-17.45 | 17.00-17.30 | 17.15-17.45       | 17.00-17.30 | 17.15-17.45   | B-block / U15 | 17.15-17.45 |             |
| 17.30-18.00   |                             | Omkl 6                     | 17.45-18.15 | 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 | 17.45-18.15 | 17.30-18.00       | 17.45-18.15 | Omkl 13+14+15 | 17.45-18.15   |             |             |
| 18.00-18.30   |                             | U15 / U16                  | 18.15-18.45 | 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 | 18.15-18.45 | 18.00-18.30       | 18.15-18.45 | J20           | 18.15-18.45   |             |             |
| 18.30-19.00   |                             | Omkl 5+15                  | 18.45-19.15 | 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 | 18.45-19.15 | 18.30-19.00       | 18.45-19.15 | Omkl 8        | 18.45-19.15   |             |             |
| 19.00-19.30   |                             | J18                        | 19.15-19.45 | 19.00-19.30   |                            | U15 / U16                   | Konståkning<br>19.15-21.15 | Konståkning<br>19.15-21.15 |                            | 19.15-19.45                | 19.00-19.30 | Isvärmning<br>Match<br>J18: Omkl 7 | 19.15-19.45 | 19.00-19.30 | 19.15-19.45       | 19.00-19.30 | Match         | 19.15-19.45   |             |             |
| 19.30-20.00   |                             | Omkl 7                     | 19.45-20.15 | 19.30-20.00   |                            | Omkl 8+15                   |                            |                            |                            | 19.45-20.15                | 19.30-20.00 |                                    | 19.45-20.15 | 19.30-20.00 | 19.45-20.15       | 19.30-20.00 | 19.45-20.15   | 19.30-20.00   | U16: Omkl 6 | 19.45-20.15 |
| 20.00-20.30   |                             | J20: Omkl 8                | 20.15-20.45 | 20.00-20.30   |                            | J18                         |                            |                            |                            | 20.15-20.45                | 20.00-20.30 |                                    | 20.15-20.45 | 20.00-20.30 | Spånga:<br>Omkl 5 | 20.15-20.45 | 20.00-20.30   | 20.15-20.45   | 20.00-20.30 | Wings       |
| 20.30-21.00   | 20.45-21.15                 |                            | 20.30-21.00 | Omkl 7        | 20.45-21.15                | 20.30-21.00                 |                            |                            | 20.45-21.15                | 20.30-21.00                | 20.45-21.15 |                                    | 20.30-21.00 | 20.45-21.15 |                   | 20.30-21.00 | Omkl 5        | 20.45-21.15   |             |             |
| 21.00-21.30   | Järna:<br>Omkl 6            | Vets                       | 21.15-21.45 | 21.00-21.30   | A-lag                      | 21.15-21.45                 |                            |                            | 21.00-21.30                | 21.15-21.45                |             |                                    | 21.15-21.45 | 21.00-21.30 | 21.15-21.45       | 21.00-21.30 | Vets          | 21.15-21.45   |             |             |
| 21.30-22.00   |                             | Omkl 5                     | 21.45-22.15 | 21.30-22.00   | Iceage<br>21.15-22.30      | 21.45-22.15                 |                            |                            | 21.30-22.00                | 21.45-22.15                |             |                                    | 21.30-22.00 | 21.45-22.15 | 21.30-22.00       | 21.45-22.15 | 21.30-22.00   | 21.30-23.00   | 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 | 22.00-22.30 |                   | 22.15-22.45 | 22.00-22.30   |               |             | 22.15-22.45 |
| 22.30-23.00   |                             |                            |             | 22.30-23.00   |                            |                             |                            |                            | Omkl 5                     |                            |             |                                    | 22.30-23.00 |             | Omkl 6            |             | 22.30-23.00   |               | Omkl 8      |             |

Specialistpass, tisdag 16.45-19.15

|             |         |                            |
|-------------|---------|----------------------------|
| 16.45-17.20 | FC      | Omkl 7                     |
| 17.20-17.55 | U9      | Omkl 8                     |
| 17.55-18.30 | U11+U12 | Omkl 5 + 6                 |
| 18.30-19.05 | U13+U15 | Omkl 13+14 (U13) +15 (U15) |

| fredag 25-okt |             |                          |             | lördag 26-okt |                  |             |             | söndag 27-okt |             |             |             |
|---------------|-------------|--------------------------|-------------|---------------|------------------|-------------|-------------|---------------|-------------|-------------|-------------|
| 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   |             |             | 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   | Tv-pucken        | Konståkning | 08.15-08.45 | 08.00-08.30   | Konståkning |             | 08.15-08.45 |
| 08.30-09.00   | 8.10-9.20   |                          | 08.45-09.15 | 08.30-09.00   |                  | 8.15-10.45  | 08.45-09.15 | 08.30-09.00   | 8.00-13.30  | U10         | 08.45-09.15 |
| 09.00-09.30   |             |                          | 09.15-09.45 | 09.00-09.30   | Spol 9.20-9.30   |             | 09.15-09.45 | 09.00-09.30   |             | Omkl 5      | 09.15-09.45 |
| 09.30-10.00   |             |                          | 09.45-10.15 | 09.30-10.00   |                  |             | 09.45-10.15 | 09.30-10.00   |             | Skills      | 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 |
| 10.30-11.00   |             |                          | 10.45-11.15 | 10.30-11.00   | Spol 10.30-11.00 | U15 / U16   | 10.45-11.15 | 10.30-11.00   |             | Omkl 6      | 10.45-11.15 |
| 11.00-11.30   |             |                          | 11.15-11.45 | 11.00-11.30   |                  | Omkl 8+15   | 11.15-11.45 | 11.00-11.30   |             |             | 11.15-11.45 |
| 11.30-12.00   |             |                          | 11.45-12.15 | 11.30-12.00   |                  | Allmänheten | 11.45-12.15 | 11.30-12.00   |             | Allmänheten | 11.45-12.15 |
| 12.00-12.30   |             |                          | 12.15-12.45 | 12.00-12.30   | Spol 12.20-12.30 | utan klubb  | 12.15-12.45 | 12.00-12.30   |             | med klubb   | 12.15-12.45 |
| 12.30-13.00   |             |                          | 12.45-13.15 | 12.30-13.00   |                  | 11.45-13.05 | 12.45-13.15 | 12.30-13.00   |             | 11.45-13.05 | 12.45-13.15 |
| 13.00-13.30   |             |                          | 13.15-13.45 | 13.00-13.30   | Spol 13.20-13.30 |             | 13.15-13.45 | 13.00-13.30   |             |             | 13.15-13.45 |
| 13.30-14.00   |             | Allmänheten<br>med klubb | 13.45-14.15 | 13.30-14.00   | Allmänheten      |             | 13.45-14.15 | 13.30-14.00   | Allmänheten |             | 13.45-14.15 |
| 14.00-14.30   | Allmänheten |                          | 14.15-14.45 | 14.00-14.30   | med klubb        |             | 14.15-14.45 | 14.00-14.30   | utan klubb  |             | 14.15-14.45 |
| 14.30-15.00   | utan klubb  |                          | 14.45-15.15 | 14.30-15.00   | 13.30-14.50      | U10         | 14.45-15.15 | 14.30-15.00   | 13.30-14.50 | U15 / U16   | 14.45-15.15 |
| 15.00-15.30   | 14.00-15.20 |                          | 15.15-15.45 | 15.00-15.30   |                  | Omkl 8      | 15.15-15.45 | 15.00-15.30   |             | Omkl 5+6    | 15.15-15.45 |
| 15.30-16.00   | Konståkning | Allmänheten              | 15.45-16.15 | 15.30-16.00   |                  | Konståkning | 15.45-16.15 | 15.30-16.00   | Poolspel    | B-block     | 15.45-16.15 |
| 16.00-16.30   | 15.30-18.30 | med klubb                | 16.15-16.45 | 16.00-16.30   | Spol 16.00-16.30 | 15.15-17.15 | 16.15-16.45 | 16.00-16.30   | Flickor     | Omkl 15     | 16.15-16.45 |
| 16.30-17.00   |             | U9                       | 16.45-17.15 | 16.30-17.00   |                  |             | 16.45-17.15 | 16.30-17.00   | 8+11+13+14  |             | 16.45-17.15 |
| 17.00-17.30   |             | Omkl 7                   | 17.15-17.45 | 17.00-17.30   |                  |             | 17.15-17.45 | 17.00-17.30   | Poolspel    |             | 17.15-17.45 |
| 17.30-18.00   |             | Flickor                  | 17.45-18.15 | 17.30-18.00   |                  | U12         | 17.45-18.15 | 17.30-18.00   | U11 grupp 1 | J20         | 17.45-18.15 |
| 18.00-18.30   |             | Omkl 5                   | 18.15-18.45 | 18.00-18.30   |                  | Omkl 15     | 18.15-18.45 | 18.00-18.30   |             | Omkl 15     | 18.15-18.45 |
| 18.30-19.00   | J20         | U11                      | 18.45-19.15 | 18.30-19.00   |                  | Iceage      | 18.45-19.15 | 18.30-19.00   | 5+6+7+12    |             | 18.45-19.15 |
| 19.00-19.30   | Omkl 8      | Omkl 6 + 15              | 19.15-19.45 | 19.00-19.30   |                  | Omkl 12     | 19.15-19.45 | 19.00-19.30   |             |             | 19.15-19.45 |
| 19.30-20.00   | B-block     | Målvakt                  | 19.45-20.15 | 19.30-20.00   | Isvärmning       |             | 19.45-20.15 | 19.30-20.00   | Konståkning |             | 19.45-20.15 |
| 20.00-20.30   | Omkl 5      | Omkl 7                   | 20.15-20.45 | 20.00-20.30   | Match            |             | 20.15-20.45 | 20.00-20.30   | 19.00-20.30 |             | 20.15-20.45 |
| 20.30-21.00   | A-lag       |                          | 20.45-21.15 | 20.30-21.00   | A-lag            |             | 20.45-21.15 | 20.30-21.00   |             | Damer + DJ  | 20.45-21.15 |
| 21.00-21.30   |             |                          | 21.15-21.45 | 21.00-21.30   | Mariehamn:       |             | 21.15-21.45 | 21.00-21.30   | Jurassic    | Omkl 7+8    | 21.15-21.45 |
| 21.30-22.00   |             |                          | 21.45-22.15 | 21.30-22.00   | Omkl 8           |             | 21.45-22.15 | 21.30-22.00   | Omkl 6      |             | 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   |             |             |             |

TV-pucken, Omklädningsrum:  
5+6+7

|           |         |       |
|-----------|---------|-------|
| Poolspel  | Flickor | U11   |
| Förbered  | 15.00   | 17.00 |
| Match 1-2 | 15.10   | 17.10 |
| Match 3-4 | 15.40   | 17.40 |
| Match 5-6 | 16.10   | 18.10 |
| Städa     | 16.40   | 18.40 |
| Spolning  | 16.50   | 18.50 |