

| måndag 06-feb |                |              |             | tisdag 07-feb |               |                  |             | onsdag 08-feb |              |              |             | torsdag 09-feb |                |                  |             |
|---------------|----------------|--------------|-------------|---------------|---------------|------------------|-------------|---------------|--------------|--------------|-------------|----------------|----------------|------------------|-------------|
| 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   | Allmänhetens   | Allmänhetens | 14.15-14.45 | 14.00-14.30   | Allmänhetens  | Allmänhetens     | 14.15-14.45 | 14.00-14.30   | Allmänhetens | Allmänhetens | 14.15-14.45 | 14.00-14.30    | Allmänheten    | Allmänhetens     | 14.15-14.45 |
| 14.30-15.00   | åkning         | åkning       | 14.45-15.15 | 14.30-15.00   | åkning        | åkning           | 14.45-15.15 | 14.30-15.00   | åkning       | åkning       | 14.45-15.15 | 14.30-15.00    | 14.00-14.50    | åkning           | 14.45-15.15 |
| 15.00-15.30   | 14.00-15.20    | 14.00-15.50  | 15.15-15.45 | 15.00-15.30   | 14.00-15.50   | 14.00-15.50      | 15.15-15.45 | 15.00-15.30   | 14.00-15.20  | 14.00-15.50  | 15.15-15.45 | 15.00-15.30    | Konståkning    | 14.00-15.50      | 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    |                |                  | 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   |               | Skillspass       | 16.15-16.45 | 16.30-17.00   |              |              | U9          | 16.30-17.00    |                | U11              | 16.15-16.45 |
| 17.00-17.30   |                |              | 17.15-17.45 | 17.00-17.30   |               | 16:15 U9/U10     | 16.45-17.15 | 17.00-17.30   |              |              | 5+6         | 17.00-17.30    |                | 5+6              | 16.45-17.15 |
| 17.30-18.00   | 9: 15.30-18.00 | F10/F12      | 17.45-18.15 | 17.30-18.00   |               | 16:55 F10-12     | 17.15-17.45 | 17.30-18.00   |              |              | U8          | 17.30-18.00    | 9: 15.30-18.00 | U12 + mv-träning | 17.15-17.45 |
| 18.00-18.30   |                | 5+6          | 18.15-18.45 | 18.00-18.30   |               | Skillspass       | 17.45-18.15 | 18.00-18.30   |              |              | 7+9         | 18.00-18.30    |                | 7+18             | 17.45-18.15 |
| 18.30-19.00   |                | U13          | 18.45-19.15 | 18.30-19.00   | 9             | 17:45 U11/U12    | 18.15-18.45 | 18.00-18.30   |              |              | U13         | 18.00-18.30    |                | F16              | 18.15-18.45 |
| 19.00-19.30   |                | 7            | 19.15-19.45 | 19.00-19.30   |               | 18:25 U13/U14    | 18.45-19.15 | 18.30-19.00   |              |              | 18          | 18.30-19.00    |                | 6                | 18.45-19.15 |
| 19.30-20.00   |                | F16          | 19.45-20.15 | 19.30-20.00   |               |                  | 19.15-19.45 | 19.00-19.30   | U14          |              | 19.15-19.45 | 19.00-19.30    | J18            | Konståkning      | 19.15-19.45 |
| 20.00-20.30   | A-lag          | 9            | 20.15-20.45 | 20.00-20.30   | F16           | Konståkning/9    | 19.45-20.15 | 20.00-20.30   | 6            |              | 19.45-20.15 | 20.00-20.30    |                |                  | 19.45-20.15 |
| 20.30-21.00   |                | J18          | 20.45-21.15 | 20.30-21.00   | GötaTraneberg | Frtam till 20.30 | 20.15-20.45 | 20.30-21.00   | A-lag        |              | 20.15-20.45 | 20.30-21.00    | A-lag          | IceAge           | 20.15-20.45 |
| 21.00-21.30   |                |              | 21.15-21.45 | 21.00-21.30   | 5+7           | Damer            | 20.45-21.15 | 21.00-21.30   |              |              | 20.45-21.15 | 21.00-21.30    |                |                  | 20.45-21.15 |
| 21.30-22.00   | Mariners       |              | 21.45-22.15 | 21.30-22.00   |               | 18               | 21.15-21.45 | 21.30-22.00   |              | Mariners     | 21.15-21.45 | 21.30-22.00    | Mariners       | 7+9              | 21.15-21.45 |
| 22.00-22.30   |                |              | 22.15-22.45 | 22.00-22.30   |               |                  | 21.45-22.15 | 22.00-22.30   |              |              | 21.45-22.15 | 22.00-22.30    |                |                  | 21.45-22.15 |
| 22.30-23.00   |                |              |             | 22.30-23.00   |               |                  | 22.15-22.45 | 22.30-23.00   |              |              | 22.15-22.45 | 22.30-23.00    |                |                  | 22.15-22.45 |

| Skills:        | Istid                  | Omklädning             |               |
|----------------|------------------------|------------------------|---------------|
| U9             | 16.15-16.55            | 15.45-17.20            | 13            |
| U10            | 16.15-16.55            | 15.45-17.20            | 5+6           |
| F10            | 16.55-17.35            | 16.15-18.00            | 7             |
| F12            | 16.55-17.35            | 16.15-18.00            | 18            |
| <del>F16</del> | <del>16.55-17.35</del> | <del>16.15-18.00</del> | <del>14</del> |
| U11            | 17.45-18.25            | 17.20-19.00            | 13            |
| U12            | 17.45-18.25            | 16.30-19.00            | 15            |
| U13            | 18.25-19.05            | 17.45-19.45            | 9             |
| U14            | 18.25-19.05            | 18.00-19.45            | 18            |

Fys innan is

| fredag 10-feb |                |              |             | lördag 11-feb |                |              |             | söndag 12-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   | Konståkning |              | 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 |
| 09.00-09.30   |                |              | 09.15-09.45 | 09.00-09.30   | HSK nybörjare  |              | 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   |             | U8           | 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   |             | 5+6          | 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   |             | U10          | 10.45-11.15 |
| 11.00-11.30   |                |              | 11.15-11.45 | 11.00-11.30   | HSK Fortsättn. | U10          | 11.15-11.45 | 11.00-11.30   |             | 7+18         | 11.15-11.45 |
| 11.30-12.00   |                |              | 11.45-12.15 | 11.30-12.00   | 5              | 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   | U13            | 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   | Brinken        | 11.45-13.00  | 12.45-13.15 | 12.30-13.00   |             | 11.45-13.00  | 12.45-13.15 |
| 13.00-13.30   |                |              | 13.15-13.45 | 13.00-13.30   | 6+9            | F10/F12      | 13.15-13.45 | 13.00-13.30   |             | U11          | 13.15-13.45 |
| 13.30-14.00   |                |              | 13.45-14.15 | 13.30-14.00   | Allmänheten    | 15+16        | 13.45-14.15 | 13.30-14.00   |             | 5+6          | 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   | Allmis      |              | 14.15-14.45 |
| 14.30-15.00   | åkning         | åkning       | 14.45-15.15 | 14.30-15.00   | 13.30-14.50    |              | 14.45-15.15 | 14.30-15.00   | 13.30-14.50 | U14          | 14.45-15.15 |
| 15.00-15.30   | 14.00-15.20    | 14.00-15.50  | 15.15-15.45 | 15.00-15.30   | Poolspel U12   |              | 15.15-15.45 | 15.00-15.30   |             | 18           | 15.15-15.45 |
| 15.30-16.00   | Konståkning    |              | 15.45-16.15 | 15.30-16.00   | 4 lag          |              | 15.45-16.15 | 15.30-16.00   | U13         |              | 15.45-16.15 |
| 16.00-16.30   |                |              | 16.15-16.45 | 16.00-16.30   | 5+6+7+9        |              | 16.15-16.45 | 16.00-16.30   | GT          |              | 15.45-16.15 |
| 16.30-17.00   |                |              | 16.45-17.15 | 16.30-17.00   | J18            |              | 16.45-17.15 | 16.30-17.00   | 5+7         |              | 16.15-16.45 |
| 17.00-17.30   |                | U9           | 17.15-17.45 | 17.00-17.30   |                |              | 17.15-17.45 | 16.30-17.00   | IceAge      |              | 16.45-17.15 |
| 17.30-18.00   |                | 5+6          | 17.45-18.15 | 17.30-18.00   | Poolspel U11   |              | 17.45-18.15 | 17.00-17.30   |             |              | 16.45-17.15 |
| 17.30-18.00   | 9: 15.30-18.00 | U12          | 18.15-18.45 | 17.30-18.00   | 4 lag          | Damer        | 18.15-18.45 | 17.30-18.00   | 13          |              | 17.15-17.45 |
| 18.00-18.30   |                | 18           | 18.45-19.15 | 18.00-18.30   |                |              | 18.45-19.15 | 18.00-18.30   |             |              | 17.45-18.15 |
| 18.30-19.00   |                |              | 19.15-19.45 | 18.30-19.00   | 5+6+7+9        | 6+9          | 19.15-19.45 | 18.00-18.30   | Konståkning |              | 18.15-18.45 |
| 19.00-19.30   | Isvärmning     | U13          | 19.45-20.15 | 19.00-19.30   |                |              | 19.45-20.15 | 18.30-19.00   |             |              | 18.45-19.15 |
| 19.00-19.30   | J18            | 7            | 20.15-20.45 | 19.30-20.00   |                |              | 20.15-20.45 | 19.00-19.30   |             |              | 18.45-19.15 |
| 19.30-20.00   |                | U14          | 20.45-21.15 | 20.00-20.30   |                |              | 20.45-21.15 | 19.30-20.00   |             |              | 19.15-19.45 |
| 20.00-20.30   | Saltsjöbaden   | 9            | 21.15-21.45 | 20.00-20.30   |                |              | 21.15-21.45 | 20.00-20.30   |             |              | 19.45-20.15 |
| 20.30-21.00   |                |              | 21.45-22.15 | 20.30-21.00   |                |              | 21.45-22.15 | 20.00-20.30   | Mariners    |              | 20.15-20.45 |
| 21.00-21.30   |                |              | 22.15-22.45 | 21.00-21.30   |                |              | 22.15-22.45 | 20.30-21.00   |             |              | 20.45-21.15 |
| 21.00-21.30   | 5+6            |              |             | 21.00-21.30   |                |              |             | 21.00-21.30   |             |              | 21.15-21.45 |
| 21.30-22.00   |                |              |             | 21.30-22.00   |                |              |             | 21.30-22.00   |             |              | 21.15-21.45 |
| 21.30-22.00   |                |              |             | 21.30-22.00   |                |              |             | 21.30-22.00   |             |              | 21.45-22.15 |
| 22.00-22.30   |                |              |             | 22.00-22.30   |                |              |             | 22.00-22.30   |             |              | 21.45-22.15 |
| 22.00-22.30   |                |              |             | 22.00-22.30   |                |              |             | 22.00-22.30   |             |              | 22.15-22.45 |
| 22.30-23.00   |                |              |             | 22.30-23.00   |                |              |             | 22.30-23.00   |             |              | 22.15-22.45 |

| Poolspel  | U12   | U11   |
|-----------|-------|-------|
| Förbered  | 15.00 | 17.30 |
| Match 1-2 | 15.10 | 17.40 |
| Match 3-4 | 15.30 | 18.00 |
| Match 5-6 | 15.50 | 18.20 |
| Städa     | 16.10 | 18.40 |
| Spolning  | 16.20 | 18.50 |