

| måndag 07-jan |                                          |                                         |             | tisdag 08-jan |                                         |                                          |             | onsdag 09-jan |                                          |                                         |             | torsdag 10-jan |             |                        |             |             |             |             |
|---------------|------------------------------------------|-----------------------------------------|-------------|---------------|-----------------------------------------|------------------------------------------|-------------|---------------|------------------------------------------|-----------------------------------------|-------------|----------------|-------------|------------------------|-------------|-------------|-------------|-------------|
| A-hallen      |                                          | B-hallen                                |             | A-hallen      |                                         | B-hallen                                 |             | A-hallen      |                                          | B-hallen                                |             | A-hallen       |             | B-hallen               |             |             |             |             |
| 07.00-08.15   |                                          |                                         | 07.15-07.45 | 07.00-08.15   |                                         |                                          | 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   |                                          |                                         | 07.45-08.15 | 07.30-08.00   |                                         |                                          | 07.45-08.15 | 07.30-08.00   |                                          |                                         | 07.45-08.15 | 07.30-08.00    | 7.00-8.15   |                        | 07.45-08.15 |             |             |             |
| 08.00-08.30   | Hockeygym<br>8.10-9.20                   | Förskolor<br>8.30-10.00                 | 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 |               |                                         | 08.45-09.15                              |             |               | 08.45-09.15                              |                                         |             | 08.45-09.15    |             |                        |             |             |             |             |
| 09.00-09.30   |                                          |                                         | 09.15-09.45 |               |                                         | 09.15-09.45                              |             |               | 09.15-09.45                              |                                         |             | 09.15-09.45    |             |                        |             |             |             |             |
| 09.30-10.00   |                                          |                                         | 09.45-10.15 |               |                                         | 09.45-10.15                              |             |               | 09.45-10.15                              |                                         |             | 09.45-10.15    |             |                        |             |             |             |             |
| 10.00-10.30   |                                          |                                         | 10.15-10.45 |               |                                         | 10.15-10.45                              |             |               | 10.15-10.45                              |                                         |             | 10.15-10.45    |             |                        |             |             |             |             |
| 10.30-11.00   |                                          |                                         | 10.45-11.15 |               |                                         | 10.45-11.15                              |             |               | 10.45-11.15                              |                                         |             | 10.45-11.15    |             |                        |             |             |             |             |
| 11.00-11.30   |                                          |                                         | 11.15-11.45 |               |                                         | 11.15-11.45                              |             |               | 11.15-11.45                              |                                         |             | 11.15-11.45    |             |                        |             |             |             |             |
| 11.30-12.00   |                                          |                                         | 11.45-12.15 |               |                                         | 11.45-12.15                              |             |               | 11.45-12.15                              |                                         |             | 11.45-12.15    |             |                        |             |             |             |             |
| 12.00-12.30   |                                          |                                         | 12.15-12.45 |               |                                         | 12.15-12.45                              |             |               | 12.15-12.45                              |                                         |             | 12.15-12.45    |             |                        |             |             |             |             |
| 12.30-13.00   |                                          |                                         | 12.45-13.15 |               |                                         | 12.45-13.15                              |             |               | 12.45-13.15                              |                                         |             | 12.45-13.15    |             |                        |             |             |             |             |
| 13.00-13.30   | 13.15-13.45                              |                                         |             | 13.15-13.45   |                                         |                                          | 13.15-13.45 |               |                                          | 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<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<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 |                        | 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 |                        | 14.30-15.00 | Konståkning | Allmänheten | 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 |                        | 15.00-15.30 | 15.00-16.30 | utan klubb  | 15.15-15.45 |
| 15.30-16.00   |                                          |                                         | 15.45-16.15 | 15.30-16.00   |                                         |                                          | 15.45-16.15 | 15.30-16.00   |                                          |                                         | 15.45-16.15 | 15.30-16.00    | 15.45-16.15 |                        | 15.30-16.00 | 16.00-16.30 | Konståkning | 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 |                        | 16.00-16.30 | 16.30-17.00 | U10         | 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 |                        | 16.30-17.00 | 17.00-17.30 | Omkl 5+6    | 16.45-17.15 |
| 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 | 17.30-18.00 | Flickor     | 17.15-17.45 |
| 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    | 17.45-18.15 |                        | 17.30-18.00 | 18.00-18.30 | Omkl 7      | 17.45-18.15 |
| 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 | 18.30-19.00 | Konståkning | 18.15-18.45 |
| 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 | 19.00-19.30 | 18.30-21.30 | 18.45-19.15 |
| 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                              | 19.15-19.45 | 19.00-19.30   | 19.30-20.00                              |                                         | 19.15-19.45 |                |             |                        |             |             |             |             |
| 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                              | 19.45-20.15 | 19.30-20.00   | 20.00-20.30                              |                                         | 19.45-20.15 |                |             |                        |             |             |             |             |
| 20.00-20.30   | J20                                      | Omkl 5                                  | 20.15-20.45 | 20.00-20.30   | J20                                     | Omkl 9                                   | 20.15-20.45 | 20.00-20.30   | 20.30-21.00                              |                                         | 20.15-20.45 |                |             |                        |             |             |             |             |
| 20.30-21.00   | Åker/Strängnäs<br>Omkl 6+9               | J18                                     | 20.45-21.15 | 20.30-21.00   | A-lag                                   | Omkl 8                                   | 20.45-21.15 | 20.30-21.00   | 21.00-21.30                              |                                         | 20.45-21.15 |                |             |                        |             |             |             |             |
| 21.00-21.30   |                                          |                                         | 21.15-21.45 | 21.00-21.30   |                                         |                                          | 21.15-21.45 | 21.00-21.30   | 21.30-22.00                              |                                         | 21.15-21.45 |                |             |                        |             |             |             |             |
| 21.30-22.00   |                                          |                                         | 21.45-22.15 | 21.30-22.00   |                                         |                                          |             | 21.45-22.15   | 21.30-22.00                              | Vets                                    | 21.45-22.15 |                |             |                        |             |             |             |             |
| 22.00-22.30   |                                          |                                         |             | 22.00-22.30   |                                         |                                          |             |               | 22.00-22.30                              | Omkl 7                                  |             |                |             |                        |             |             |             |             |
|               |                                          |                                         |             |               |                                         |                                          |             |               |                                          |                                         |             |                |             |                        |             |             |             |             |
|               |                                          |                                         |             |               |                                         |                                          |             |               |                                          |                                         |             |                |             |                        |             |             |             |             |

| fredag 11-jan |                            |                                |             | lördag 12-jan |                             |                           |             | söndag 13-jan |                                |                            |             |
|---------------|----------------------------|--------------------------------|-------------|---------------|-----------------------------|---------------------------|-------------|---------------|--------------------------------|----------------------------|-------------|
| A-hallen      |                            | B-hallen                       |             | A-hallen      |                             | B-hallen                  |             | A-hallen      |                                | B-hallen                   |             |
| 07.00-08.15   | Konståkning<br>7.00-8.15   |                                | 07.15-07.45 | 07.00-08.15   |                             |                           | 07.15-07.45 | 07.00-08.15   |                                |                            | 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 |
| 08.00-08.30   |                            | Hockeygym<br>8.10-9.20         | 08.15-08.45 | 08.00-08.30   | Konståkning<br>8.00-9.00    | Konståkning<br>8.15-10.45 | 08.15-08.45 | 08.00-08.30   | Konståkning<br>8.00-13.30      |                            | 08.15-08.45 |
| 08.30-09.00   |                            |                                | 08.45-09.15 | 08.30-09.00   |                             |                           | 08.45-09.15 | 08.30-09.00   |                                | U9<br>Omk1 6               | 08.45-09.15 |
| 09.00-09.30   |                            |                                | 09.15-09.45 | 09.00-09.30   | H-skola 2011                |                           | 09.15-09.45 | 09.00-09.30   |                                |                            | 09.15-09.45 |
| 09.30-10.00   |                            |                                | 09.45-10.15 | 09.30-10.00   | Omkl 5+6                    |                           | 09.45-10.15 | 09.30-10.00   |                                | Flickor<br>Omk1 7          | 09.45-10.15 |
| 10.00-10.30   |                            |                                | 10.15-10.45 | 10.00-10.30   | H-skola flickor<br>Omkl 8   |                           | 10.15-10.45 | 10.00-10.30   |                                |                            | 10.15-10.45 |
| 10.30-11.00   |                            |                                | 10.45-11.15 | 10.30-11.00   |                             | J18<br>Omkl 15            | 10.45-11.15 | 10.30-11.00   |                                | U14<br>Omkl 8              | 10.45-11.15 |
| 11.00-11.30   |                            |                                | 11.15-11.45 | 11.00-11.30   | H-skola <2011<br>Omkl 5+11  |                           | 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<br>utan klubb | 11.45-12.15 | 11.30-12.00   |                                | Allmänheten<br>med klubb   | 11.45-12.15 |
| 12.00-12.30   |                            |                                | 12.15-12.45 | 12.00-12.30   | U15<br>Hässelby<br>Omkl 6+7 |                           | 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   |                                | 11.45-13.05                | 12.45-13.15 |
| 13.00-13.30   |                            |                                | 13.15-13.45 | 13.00-13.30   |                             |                           | 13.15-13.45 | 13.00-13.30   |                                | U15<br>Omkl 7              | 13.15-13.45 |
| 13.30-14.00   |                            |                                | 13.45-14.15 | 13.30-14.00   | Allmänheten<br>med klubb    |                           | 13.45-14.15 | 13.30-14.00   |                                |                            | 13.45-14.15 |
| 14.00-14.30   | Allmänheten<br>utan klubb  |                                | 14.15-14.45 | 14.00-14.30   |                             |                           | 14.15-14.45 | 14.00-14.30   | Allmänheten<br>utan 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   | 13.30-14.50                    | U11<br>Omkl 6              | 14.45-15.15 |
| 15.00-15.30   | 14.00-15.20                | Allmänheten<br>med klubb       | 15.15-15.45 | 15.00-15.30   | U14<br>SDE<br>Omkl 5+8      |                           | 15.15-15.45 | 15.00-15.30   | J18<br>Sollentuna<br>Omkl 5+8  | U13<br>Omkl 15             | 15.15-15.45 |
| 15.30-16.00   | Konståkning<br>15.30-18.30 | 15.00-16.00                    | 15.45-16.15 | 15.30-16.00   |                             |                           | 15.45-16.15 | 15.30-16.00   |                                |                            | 15.45-16.15 |
| 16.00-16.30   |                            | U12/U13<br>Omkl 6+15           | 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   | U13<br>Omkl 6               |                           | 16.45-17.15 | 16.30-17.00   |                                |                            | 16.45-17.15 |
| 17.00-17.30   |                            | U9<br>Omkl 5                   | 17.15-17.45 | 17.00-17.30   |                             |                           | 17.15-17.45 | 17.00-17.30   |                                | U12<br>Omkl 15             | 17.15-17.45 |
| 17.30-18.00   |                            |                                | 17.45-18.15 | 17.30-18.00   |                             |                           | 17.45-18.15 | 17.30-18.00   | Vets<br>Vallentuna<br>Omkl 6+7 |                            | 17.45-18.15 |
| 18.00-18.30   |                            | J18<br>Omkl 7+8                | 18.15-18.45 | 18.00-18.30   |                             |                           | 18.15-18.45 | 18.00-18.30   |                                | Konståkning<br>18.15-20.15 | 18.15-18.45 |
| 18.30-19.00   | J20<br>Omkl 9              |                                | 18.45-19.15 | 18.30-19.00   |                             |                           | 18.45-19.15 | 18.30-19.00   |                                |                            | 18.45-19.15 |
| 19.00-19.30   |                            | Målvakts-<br>träning<br>Omkl 6 | 19.15-19.45 | 19.00-19.30   |                             |                           | 19.15-19.45 | 19.00-19.30   | Konståkning<br>19.00-20.30     |                            | 19.15-19.45 |
| 19.30-20.00   | U14<br>Omkl 5              |                                | 19.45-20.15 | 19.30-20.00   |                             |                           | 19.45-20.15 | 19.30-20.00   |                                |                            | 19.45-20.15 |
| 20.00-20.30   |                            |                                | 20.15-20.45 | 20.00-20.30   |                             |                           | 20.15-20.45 | 20.00-20.30   |                                |                            | 20.15-20.45 |
| 20.30-21.00   |                            |                                | 20.45-21.15 | 20.30-21.00   |                             |                           | 20.45-21.15 | 20.30-21.00   | Jurassic<br>Omkl 7             |                            | 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   |                                |                            | 21.45-22.15 |
| 22.00-22.30   |                            |                                |             | 22.00-22.30   |                             |                           |             | 22.00-22.30   |                                |                            |             |

match