

| måndag 28-nov |                |              |             | tisdag 29-nov |                |                  |             | onsdag 30-nov |              |              |             | torsdag 01-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    |                | J18          | 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       | 14.15-14.45 |
| 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   |                |                  | 16.45-17.15 | 16.30-17.00   |              |              | 16.45-17.15 | 16.30-17.00    |                | U11          | 16.15-16.45 |
| 17.00-17.30   |                |              | 17.15-17.45 | 17.00-17.30   | 9: 16.00-17.30 | 16:15 U9/U10     | 16.45-17.15 | 17.00-17.30   |              | U10          | 16.45-17.15 | 17.00-17.30    |                | 13           | 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 F10-16     | 17.15-17.45 | 17.30-18.00   |              | 5+6          | 17.15-17.45 | 17.30-18.00    |                | U8           | 17.15-17.45 |
| 18.00-18.30   |                | 5+6          | 17.45-18.15 | 18.00-18.30   |                | Skillspass       | 17.45-18.15 | 18.00-18.30   |              | U12          | 17.45-18.15 | 18.00-18.30    | 9: 15.30-18.40 | 7            | 17.45-18.15 |
| 18.30-19.00   |                | F16          | 18.15-18.45 | 18.00-18.30   |                | Skillspass       | 17.45-18.15 | 18.00-18.30   |              | 7+9          | 18.15-18.45 | 18.00-18.30    |                | U12          | 18.15-18.45 |
| 18.30-19.00   |                | 7            | 18.45-19.15 | 18.30-19.00   |                | 18:25 U13/U14    | 18.45-19.15 | 18.30-19.00   |              | U13          | 18.45-19.15 | 18.30-19.00    |                | 17+18        | 18.45-19.15 |
| 19.00-19.30   |                | J18          | 19.15-19.45 | 19.00-19.30   |                | 19.00-19.30      | 19.15-19.45 | 19.00-19.30   | J18          | 6            | 19.15-19.45 | 19.00-19.30    | J18            | Konståkning  | 19.15-19.45 |
| 19.30-20.00   | U14            |              | 19.45-20.15 | 19.30-20.00   | U14 19.15      | Konståkning      | 19.45-20.15 | 19.30-20.00   |              |              | 19.45-20.15 | 19.30-20.00    | Brinken        |              | 19.45-20.15 |
| 20.00-20.30   | 9              |              | 20.15-20.45 | 20.00-20.30   | Spolning 20.05 | Frtam till 20.30 | 20.15-20.45 | 20.00-20.30   | A-lag        |              | 20.15-20.45 | 20.00-20.30    |                |              | 20.15-20.45 |
| 20.30-21.00   |                | A-lag        | 20.45-21.15 | 20.30-21.00   | Damer 20.15    |                  | 20.45-21.15 | 20.30-21.00   |              |              | 20.45-21.15 | 20.30-21.00    | 5+6            | A-lag        | 20.45-21.15 |
| 21.00-21.30   |                |              | 20.45-21.15 | 21.00-21.30   | 5+6            | Dam-HSK          | 21.15-21.45 | 21.00-21.30   | IceAge       |              | 21.15-21.45 | 21.00-21.30    |                |              | 21.15-21.45 |
| 21.30-22.00   | Mariners       |              | 21.15-21.45 | 21.30-22.00   |                | 7                | 21.45-22.15 | 21.30-22.00   |              | Mariners     | 21.45-22.15 | 21.30-22.00    | Mariners       |              | 21.45-22.15 |
| 22.00-22.30   |                |              | 21.45-22.15 | 22.00-22.30   |                |                  | 22.15-22.45 | 22.00-22.30   | 5+6          |              | 22.15-22.45 | 22.00-22.30    |                |              | 22.15-22.45 |
| 22.30-23.00   |                |              | 22.15-22.45 | 22.30-23.00   |                |                  |             | 22.30-23.00   |              |              |             | 22.30-23.00    |                |              |             |

|                |             |             |             |  |
|----------------|-------------|-------------|-------------|--|
| <b>Skills:</b> |             | is          | Omklädnings |  |
| 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          |  |
| F16            | 16.55-17.35 | 16.15-18.00 | 14          |  |
| 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 02-dec |                |              |             | lördag 03-dec |                |              |             | söndag 04-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   |                         |              | 08.45-09.15 |
| 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            | F12          | 09.45-10.15 | 09.30-10.00   |                         | F12          | 09.45-10.15 |
| 10.00-10.30   |                |              | 10.15-10.45 | 10.00-10.30   | HSK Flickor    | 15           | 10.15-10.45 | 10.00-10.30   |                         | 7            | 10.15-10.45 |
| 10.30-11.00   |                |              | 10.45-11.15 | 10.30-11.00   | 7+9            | F16          | 10.45-11.15 | 10.30-11.00   |                         | U9           | 10.45-11.15 |
| 11.00-11.30   |                |              | 11.15-11.45 | 11.00-11.30   | HSK Fortsättn. | 18           | 11.15-11.45 | 11.00-11.30   | Omk1 9<br>kl 8.00-12.45 | 5+6          | 11.15-11.45 |
| 11.30-12.00   |                |              | 11.45-12.15 | 11.30-12.00   | 5+6            | 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   | Poolspel F10   | 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   | 13+14+7+9      | 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   |                | U13          | 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           | 13.45-14.15 | 13.30-14.00   | Allmis                  | 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   | 13.30-14.50             |              | 14.15-14.45 |
| 14.30-15.00   | åkning         | åkning       | 14.45-15.15 | 14.30-15.00   | 13.30-14.50    | U11          | 14.45-15.15 | 14.30-15.00   |                         |              | 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 U10   | U12          | 15.15-15.45 | 15.00-15.30   | U13                     |              | 15.15-15.45 |
| 15.30-16.00   | Konstakning    |              | 15.45-16.15 | 15.30-16.00   | 5+6+7+9        | 15+26        | 15.45-16.15 | 15.30-16.00   | 9                       |              | 15.45-16.15 |
| 16.00-16.30   |                |              | 16.15-16.45 | 16.00-16.30   |                | J18          | 16.15-16.45 | 16.00-16.30   | U14                     |              | 16.15-16.45 |
| 16.30-17.00   |                |              | 16.45-17.15 | 16.30-17.00   |                |              | 16.45-17.15 | 16.30-17.00   | 7                       |              | 16.45-17.15 |
| 17.00-17.30   |                | U9           | 17.15-17.45 | 17.00-17.30   |                |              | 17.15-17.45 | 17.00-17.30   | Damer                   |              | 17.15-17.45 |
| 17.30-18.00   | 9: 15.30-17.40 | 5+6          | 17.45-18.15 | 17.30-18.00   |                |              | 17.45-18.15 | 17.30-18.00   |                         |              | 17.45-18.15 |
| 18.00-18.30   |                | U10          | 18.15-18.45 | 18.00-18.30   | U14: 9         |              | 18.15-18.45 | 18.00-18.30   | 5+6                     | A-lag        | 18.15-18.45 |
| 18.30-19.00   |                | 13           | 18.45-19.15 | 18.30-19.00   | Mälard: 5+6    |              | 18.45-19.15 | 18.30-19.00   | Konstakning             |              | 18.45-19.15 |
| 19.00-19.30   | U11            | U13          | 19.15-19.45 | 19.00-19.30   |                |              | 19.15-19.45 | 19.00-19.30   |                         | IceAge       | 19.15-19.45 |
| 19.30-20.00   | 7+9            |              | 19.45-20.15 | 19.30-20.00   |                |              | 19.45-20.15 | 19.30-20.00   |                         | 7+9          | 19.45-20.15 |
| 20.00-20.30   | U14            | 18           | 20.15-20.45 | 20.00-20.30   |                |              | 20.15-20.45 | 20.00-20.30   |                         |              | 20.15-20.45 |
| 20.30-21.00   | 6              |              | 20.45-21.15 | 20.30-21.00   |                |              | 20.45-21.15 | 20.30-21.00   | Mariners                |              | 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   |                |              | 22.15-22.45 | 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   |                         |              |             |

| Poolspel  | F10   | U10   |
|-----------|-------|-------|
| Förbered  | 12.00 | 15.00 |
| Match 1-2 | 12.10 | 15.10 |
| Match 3-4 | 12.30 | 15.30 |
| Match 5-6 | 12.50 | 15.50 |
| Städa     | 13.10 | 16.10 |
| Spolning  | 13.20 | 16.20 |