Öjersjö Gymnastikförening - Träningschema Öjersjö Idrottshall HT-2026

Måndagar

23 G1
(16:15-16:55)
Lara + Alice Ah

UT R1
(17:00-18:45)
Angelina
Tilda R + Agnes + Sandra F + Anna S, Ebba S

16 R2
(17:00-18:00)
Hanna B + Stina L
Edijana, Linnéa A, Hallie J, Tuva H, Lova G

18 G3
(17:00-18:00)
Malin T
Alma, Nella, Sigrid, Lovisa A, Marie S, Agnes Li

17 R1
(18.00-19.00)
Alma S + Lova G
Johanna B, Marie L, Carolina V, Ebba B, Marit, Milea

18 G2
(18:00-19:00)
Mariah + Karin
Ida L, Julia W, Siri R, Olivia R, Chloé

UT R2
(18.45-20.30)
Alva + Tuva
Helene

JT
(19.00-21.00)
Simon + Madeliene + Sigrid W

Vuxengruppen
(20:30-21:30)
Simon
Angelina

Tisdagar

Paragymnastik

16 17 B2
(17:00-18:15)
Vanna + Ellinor S
Isabelle S, Fideli L, Alica Me,

16 R1
(17:00-18:15)
Angelina
Lovisa A, Ebba S, Linda H,
Oscar E, Parisa, Veronica K, Josefin E

15 R1
(18:15 - 19:30)
Emmy + Ebba
Vanna K.S, Fideli L, Alva F, Ellinor

15 R2
(18:15-19:30)
Vilma H
Helena L, Jenny P, Sanna S
Agnes L, Ellinor K.H, Christine I,

UT L1
(19:30-21:00)
Angelina + Hanna + Maya
Maria H, Panni K

ST
(19:30-21:00)
Emma A

NY GRUPP

17 R1
(17:30-19.00)
Alma S + Lova G
Carolina V, Alicia V, Marie L, Johanna B, Anna S,
Marit, Milea

ST + UT L1 Uppvärmning
(19:00-19:30)

Onsdagar

22 G3
(16:15-17:00)
Nella + Sigrid H, Elsa E

JUSM

21 G1
(16:15-17:00)
Alice Ah + Ebba B, Ted, Krin C, Sofia L, Kevin H

Torsdagar

20 G2
(16:30-17:30)
Elsa L + Ida W
Anna M, Jennie J, Matilda

15 R2
(17.30-19.00)
Vilma H
Sanna S, Jenny P, Helena L,
Ellinor K.H, Christine I, Tilda A

18 G1
(16:30-17:30)
Alice Ah + Agnes L
Noomi, Hallie,

17-18 PT + 15-16 PT
(17.30-19.00)
Ludvig
Dovile, Evelina, Karin S

UT L1
(19:00-21:00)
Angelina + Hanna + Maya
Maria H, Panni K

UT R1
(16:30-18:00)
Angelina
Lova, Manella, Tilda R,
Sandra F, Anna S, Ebba S

JT
(18:00-20.00)
Simon + Madeliene + Sigrid W

JT PT
(20:00-21:15)
Madeliene + Sigrid W

Fredagar	Lördagar		
		PIXBOTRÄNING (8:00-10:00) ***se separat schema***	
	22 G1 (09:00-09:45) **David E + Kristoffer E,** Emilie S	**23 G2** (09:00-09:40) **Mattias W,** Stella L, Johanna W	**19 G2** (09:00-10:00) **Sanna S.F** Lena F, Dung H, David E, Jessica
	20 G1 (09:45-10:45) **Evelina Å + Lisa F** Mattias W, Lovisa N, Siri Sa, Ida Lindgren, Johanna W, Matilda K.F	**16 R2** (09:45-11:10) **Hanna B + Stina L** Ebba E, Alice Ah Edijana, Linnéa A,	**NY GRUPP HT26**
		21 G5 (11:15-12:00) **Hanna + Stina,**	
19 G1 (16:00-17:00) **Alice Au + Linnea S** Alma S, Molly E, Jennie B, Josefine V, Martin C, Elin K			**19 G3** (13:00-14:00) **Isabelle S + Amanda R** Linda K, Samira C, Elvin, Catrin, Emmie, Hallie J,
			15-16 PT (14.00-15.30) **Ludvig** Karin S
			JT PT (15.30-17.00) **Madeliene + Sigrid**
PIXBOTRÄNING (18:00 - 20:00) **ST** **Emma A** *varannan fredag*	**PIXBOTRÄNING** (18:00 - 20:00) **JT+JPT** **Simon + Madeliene + Sigrid** *varannan fredag*		**JT** (17.00-19.00) **Simon + Madeliene + Sigrid W**
			ST (19.00-21.00) **Emma A**

Söndagar

22 G2
(09:00-09:40)
Molly + Cornelia, Isabella N.J, Hanna v. H, AMB

20 G4
(09:45-10:45)
Molly + Cornelia, Carl Henrik B, Therese S, Nova-Lee, Thea

16-17 B1
(10:45-12:00)
Ida W, Elsa L,
Ebba E + Lana
Charlotta,

21 G2
(12.10-12:55)
Ebba E + Agnes L, Anna F,

20 G3
(13:00-14:00)
Tilda A
Mattias E.F, Jessica E, Erik O, Antonia A, Noomi B, Alice Ah,, Therese J, Lena, Agnes L

16 R1
(14.00-15.30)
Angelina
Lovisa A, Linda H,
Oscar E, Parisa, Veronica K, Josefin E

16-17 B2
(15.30-17.00)
Vanna + Ellinor S
Lovisa A, Ebba B, Alicia Me

15 R1
(17.00-18.30)
Emmy + Ebba
Vanna K.S, Fideli L, Alva F

UT R2
(18.30 - 20.15)
Alva + Tuva
Helene, Lova, Agnes L, Manella

20-21 PK
(15.00-16.00)
Hanna T
Viktoria L, Jessica C, Henry B

19-17 PK
(16.00-17.00)
Hanna T
Emma H, Henry B

UT R1
(17.00-19.00)
Angelina
Sandra F, Anna S

UT L1
(19.00-21.00)
Angelina + Hanna + Maya
Maria H, Panni K