

MÅNDAG		TISDAG		ONSDAG		TORSDAG		FREDAG		LÖRDAG		SÖNDAG	
Is B-hallen		Is B-hallen		Is B-hallen		Is B-hallen		Is B-hallen		Is Norrvalla		Is Norrvalla	
15.15-16.00	3	16:00-17:00	3	15.15-16.00	1+4A	16.00-16:45	2	15.15-16.15	2	12.00-13.00	3+4C	12:00-13:00	OPEN
16.00-16:45	2	17:00-18:00	KÅ+4C	16.00-16.45	2	16:45-17:30	1	16.15-17.15	1	13:00-14.00	1+2	13:00-14:00	4A+4B
16:45-17:30	1	18:15-19:15	2+4B	Off ice Gym		17:45-18:30	3+4A	17.30-18.30	KÅ	14.00-14.45	KÅ	14:15-15:00	SS15+
17.30-19.00	Skridskoskolan	19:15-20:15	1+4A	17:00-18:00	1+2+4A	18:30-19:15	4B+4C	Off ice spegelsalen		Stretching		Warm-up	
		Balettspejlsalen				Is Norrvalla		16:45-17:15	KÅ	13:15-13:45	3+4C	12:25-12:45	4A+4B
		16:00-16:45	KÅ+4C			18.00-19.00	System2	17:30-18:30	1+2	14.15-14:45	1+2		
		17:15-18:00	3			19.00-20.00	System1						
		18:15-19:00	1+4A										
		19:30-20:15	2+4B										
*OPEN for skaters registered 6 times a week.													
		10:00-11:30	Filborna			10:00-11:30	Filborna						