

| MÅNDAG                                       |                | TISDAG             |          | ONSDAG      |        | TORSDAG     |                | FREDAG |  | LÖRDAG       |         | SÖNDAG       |       |
|----------------------------------------------|----------------|--------------------|----------|-------------|--------|-------------|----------------|--------|--|--------------|---------|--------------|-------|
| Is B-hallen                                  |                | Is B-hallen        |          | Is B-hallen |        | Is B-hallen |                | SHOW   |  | Is Norrvalla |         | Is A-hallen  |       |
| 15.15-16.00                                  | 3+4C           | 16:00-17:00        | 3+4B     | 15.15-16.00 | 1+4A   | 16.00-16:45 | 1+2            |        |  | 12.00-13:00  | System2 | 8.00-9.00    | 3+4C  |
| 16.00-16:45                                  | 2              | 17:00-18:00        | KÅ       | 16.00-16.45 | 2      | 16:45-17:30 | 3+4A           |        |  | 13:00-14:00  | 4B      | 09:00-10:00  | 1+2   |
| 16:45-17:30                                  | 1              | 18:15-19:15        | 2+4A     | Off-ice     |        | 17:30-19:15 | Show rehealsal |        |  | 14:00-14.45  | OPEN    | 10:00-10:45  | KÅ    |
| 17.30-19.00                                  | Skridskoskolan | 19:15-20:15        | 1+4C     | 17:00-18:00 | 1+2+4A |             |                |        |  |              |         | Is Norrvalla |       |
| Warm-up                                      | Olympia        | Balett spegelsalen |          |             |        |             |                |        |  |              |         | 12:00-12:45  | 4A    |
| 15:15-15:50                                  | 2              | 16:00-16:45        | KÅ       |             |        |             |                |        |  |              |         | 12:45-13:30  | 4B    |
| 16:00-16:35                                  | 1              | 17:15-18:00        | 3+4B     |             |        |             |                |        |  |              |         | 13:30-14:15  | OPEN  |
| 16:15-17:00                                  | 3+4C           | 18:15-19:00        | 1+4C     |             |        |             |                |        |  |              |         | 14:15-15:00  | SS15+ |
|                                              |                | 19:30-20:15        | 2+4A     |             |        |             |                |        |  |              |         |              |       |
| *OPEN for skaters registered 6 times a week. |                |                    |          |             |        |             |                |        |  |              |         |              |       |
|                                              |                | 10:00-11:30        | Filborna |             |        | 10:00-11:30 | Filborna       |        |  |              |         |              |       |