

ONSDAG	17/12	TORSDAG	18/12	FREDAG	19/12	SÖNDAG	21/12
Is B-hallen		Is B-hallen		Is B-hallen		Is A-hallen	
15.15-16.00	1+4A	16.00-16:45	2	15.15-16.15	2	8.00-9.00	3+4C
16.00-16.45	2	16:45-17:30	1	16.15-17.15	1	09:00-10:00	1+2
Off ice Gym		17:45-18:30	3+4A	17.30-18.30	KÅ	10:00-10:45	KÅ
17:00-18:00	1+2+4A	18:30-19:15	4B+4C	Off ice spegelsalen		Fys	
		Is Norrvalla		16:45-17:15	KÅ	10:10-10:45	1+2+3+4C
		18.00-19.00	System2	17:30-18:30	1+2		
		19.00-20.00	System1			Is Norrvalla	
						12:00-12:45	4A
						12:45-13:30	4B
						13:30-14:15	OPEN
						14:15-15:00	SS15+
		10:00-11:30	Filborna			Warm-up/fys	
						11:20-11:55	4A+4B
						12:45-13:15	OPEN