

| WEEK 9      |                |                    |       |             |        |                     |           |                     |        |                   |      |              |           |
|-------------|----------------|--------------------|-------|-------------|--------|---------------------|-----------|---------------------|--------|-------------------|------|--------------|-----------|
| MÅNDAG      | 23/2           | TISDAG             | 24/2  | ONSDAG      | 25/2   | TORSDAG             | 26/2      | FREDAG              | 27/2   | LÖRDAG            | 28/2 | SÖNDAG       | 1/3       |
| Is B-hallen |                | Is B-hallen        |       | Is B-hallen |        | Is B-hallen         |           | Is B-hallen         |        | Is Norrvalla      |      | Is A-hallen  |           |
| 15.15-16.00 | 3+4C           | 16:00-17:00        | 4B+4C | 15.15-16.00 | 1+4A   | 16.00-16:45         | 1         | 15.15-16.15         | 2      | 12.00-13:00       | 4C   | 8.00-9.00    | Sys1+Sys2 |
| 16.00-16:45 | 2              | 17:00-18:00        | KÅ    | 16.00-16.45 | 2      | 16:45-17:30         | 2         | 16.15-17.15         | 1+4A   | 13:00-13:45       | 3    | 09:00-10:00  | 3         |
| 16:45-17:30 | 1+4A           | 18:15-19:15        | 3+4A  | Off-ice     |        | 17:45-18:30         | 3         | 17.30-18.30         | 4B+KÅ  | 13:45-14.45       | 4B   | 10:00-10:45  | 1+2       |
| 17.30-19.00 | Skridskoskolan | 19:15-20:15        | 1+2   | 17:00-18:00 | 1+2+4A | 18:30-19:15         | 4A        | Off-ice Spegelsalen |        | Off-ice Norrvalla |      | Is Norrvalla |           |
| Warm-up     | Olympia        | Balett spegelsalen |       |             |        | Off-ice Spegelsalen |           | 16:45-17:15         | 4B+KÅ  | 11:00-11:45       | 3+4C | 12:00-13:00  | OPEN      |
| 15:15-15:50 | 2              | 16:00-16:45        | KÅ    |             |        | 16:55-17:35         | 1+3       | 17:30-18:30         | 1+2+4A | 12:30-13:30       | 4B   | 13:15-14:15  | KÅ        |
| 16:00-16:35 | 1+4A           | 17:15-18:00        | 4B+4C |             |        | 17:40-18:20         | 2+4A      |                     |        |                   |      | 14:15-15:00  | SS15+     |
| 16:15-17:00 | 3+4C           | 18:15-19:00        | 1+2   |             |        | Is Norrvalla        |           |                     |        |                   |      |              |           |
|             |                | 19:30-20:15        | 3+4A  |             |        | 18.00-19.00         | 4B+4C     |                     |        |                   |      |              |           |
|             |                |                    |       |             |        | 19.00-20.00         | OPEN      |                     |        |                   |      |              |           |
|             |                |                    |       |             |        | Off-ice             | Norrvalla |                     |        |                   |      |              |           |
|             |                |                    |       |             |        | 19:15-20:00         | 4B+4C     |                     |        |                   |      |              |           |