

| 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 A-hallen   |               |
| 15.15-16.00 | Open ice Sys. 1 | 16.00-17.00       | Flip+Diamant   | 15.15-16.00    | Choreo klass grön | 16.00-16.45  | Choreo sys.3      | 15.15-16.10       | Lutz           | 12.00-12.45       | Flip (de som träna | 08:00-8.50    | KÅ + diamant  |
| 16.00-16.45 | Lutz            | 17.00-18.00       | KÅ + choreo    | 16.00-16.45    | Axel 1            | 16.45-17.30  | Axel 2 + H, F, M, | 16.10-17.10       | Axel 1+ Axel 2 | 12.45-13.30       | SS (2a pass)       | 08:50 -9.40   | Flip          |
| 16.45-17.30 | Axel 1+2        | 18.15-19.15       | Axel 1+2       | Off ice Gym    |                   | 17.45-18.30  | Axel 1            | 17.10-18.00       | Diam.+KÅ       | 13.45-14.45       | Open ice KÅ+D      | 09.55 - 10:45 | Axel 1 + 2    |
| 17.30-19.00 | Skridskoskola   | 19.15-20:15       | Lutz           | 17:00-18:00    | Axel 1            | 18.30-19.15  | Choreo sys.2+H,F  | Balettspejalsalen |                | Off-ice Norrvalla |                    | Off-ice       |               |
| Off-ice     |                 | Balettspejalsalen |                | ingen spolning |                   | Off-ice      |                   | 17:30-18:15       | Axel 1-2; Lutz | 11:00-11:45       | Flip               | 9.15-10.00    | KÅ + diamant  |
| 17.15-18.00 | Lutz            | 17.30-18.15       | Flip + diamant |                |                   | 17:50-18.40  | Lutz              |                   |                |                   |                    |               |               |
|             |                 | 18.15-19.00       | Lutz           |                |                   | Is Norrvalla |                   |                   |                |                   |                    | Norrvalla fys |               |
|             |                 | 19.30-20.15       | Axel 1+2       |                |                   | 18.00-19.00  | Flip              |                   |                |                   |                    | 11.15-12.15   | Axel1+Axel2   |
|             |                 | Off-ice           |                |                |                   | 19:00-20:00  | Lutz              |                   |                |                   |                    | Norrvalla     |               |
|             |                 | 16.00-16.45       | KÅ             |                |                   |              |                   |                   |                |                   |                    | 12.30-13.15   | Open ice sys3 |
|             |                 |                   |                |                |                   |              |                   |                   |                |                   |                    | 13.15-14.00   | Vit+gul       |
|             |                 |                   |                |                |                   |              |                   |                   |                |                   |                    | 14.30-15.15   | gr. 15+       |