DAG 1 - MÅNDAG

LÖR	A1	A2	A3	D1	D2	D3	P	ANTAL	PLAN
	5	6	5	4	7	4	2		
~~07.00-07.45~~									
07.45-08.30					IS	IS		11	SS, S
Spolning									
08.40-09.25			IS	IS	Uppvärmningsrutin 30 min			9	SS, S
09.25-10.10		IS	Uppvärmningsrutin 30 min					6	SS, S
Spolning									
10.20-11.05	IS							5	SS,S
11.05-11.50	Uppvärmningsrutin 30 min						IS	2	Private/Pair
Spolning									
12.00-12.45					IS	IS	FYS?	11	J
12.45-13.30			IS	IS				9	J
Spolning									
13.40-14.25		IS	13.40 FYS	13.40 FYS				6	J
14.25-15.10	IS	14.35 FYS					IS	7	J, P
Spolning									
15.20-16.05	15.20 FYS				IS	IS		11	J
16.05-16.50								9	J
Spolning									
17.00-17.45			IS	IS	17.00 FYS	17.00 FYS		9	J
17.45-18.30		IS						6	J
Spolning									
18.40-19.25	IS						IS	7	J,S
~~19.25-20.10~~									
Spolning									

DAG 2 - TISDAG

LÖR	A1	A2	A3	D1	D2	D3	P	ANTAL	PLAN
	5	6	5	4	7	4	2		
~~07.00-07.45~~									
07.45-08.30			IS	IS				9	SS, S
Spolning									
08.40-09.25			08.40 DANS		IS	IS		11	SS,S
09.25-10.10		IS						6	J
Spolning									
10.20-11.05	IS	10.20 DANS						5	J
11.05-11.50	11.15 DANS						IS	2	Pair/Private
Spolning									
12.00-12.45					IS	IS		11	J
12.45-13.30			IS	IS	12.55 DANS			9	J
Spolning									
13.40-14.25	IS							5	J
14.25-15.10		IS					IS	8	J
Spolning									
15.20-16.05			15.20 FYS		IS			7	J
16.05-16.50	FYS 16:05			IS		IS		8	J
Spolning									
17.00-17.45	IS	IS						11	SS,S
17.45-18.30			IS				IS	7	J
Spolning									
18.40-19.25									
19.25-20.10									
Spolning									

Onsdag

	A1	A2	A3	D1	D2	D3	P	ANTAL	PLAN
	5	6	5	4	7	4	2		
07.00-07.45									
07.45-08.30					IS	IS		11	SPINS
Spolning									
08.40-09.25			IS		DANS 08.40			7	J, P
09.25-10.10		IS	09.35 DANS					6	J, P
Spolning									
10.20-11.05	IS	10.20 DANS					IS	5	J, P
11.05-11.50	11.15 DANS			IS				4	J,P
Spolning									
12.00-12.45							IS	2	Private/Pair
12.45-13.30					IS	IS		8	KOREO
Spolning									
13.40-14.25		MT 13.40		MT 13.40				6	J,S
14.25-15.10			IS	IS				9	KOREO
Spolning									
15.20-16.05		IS						6	J,S
16.05-16.50	IS					16.05 FYS		7	KOREO
Spolning									
17.00-17.45	MT 17.00		MT 17.00		IS	IS		11	SS,S
17.45-18.30					17.55 FYS		IS	2	Private/Pair
Spolning									

DAG 4 - TORSDAG

LÖR	A1	A2	A3	D1	D2	D3	P	ANTAL	PLAN
	5	6	5	4	7	4	2		
07.00-07.45									
07.45-08.30		IS		IS				10	SS,S
Spolning									
08.40-09.25		08.40 DANS	IS					5	J,P
09.25-10.10	IS		09.35 DANS		09.20 MT		IS	7	SS,S
Spolning									
10.20-11.05	10.20 DANS				IS	IS		11	J,S
11.05-11.50		IS						6	J,S
Spolning									
12.00-12.45							IS	2	J
12.45-13.30			IS	IS				9	J
Spolning									
13.40-14.25	IS				13.40 DANS			5	J
14.25-15.10		14.25 FYS		14.25 FYS	IS	IS		11	KOREO
Spolning									
15.20-16.05		IS						6	J
16.05-16.50	16.05 FYS		16.05 FYS	IS				4	J
Spolning									
17.00-17.45			IS				FYS?	5	J
17.45-18.30	IS						IS	7	J
Spolning									
~~18.40-19.25~~									
Spolning									

DAG 5 - FREDAG

	A1	A2	A3	D1	D2	D3	P	ANTAL	PLAN
	5	6	5	3	7	4	2		
~~07.00-07.45~~									
07.45-08.30					**IS**	**IS**		11	SS,S
Spolning									
08.40-09.25			**IS**	**IS**				9	SS,S
09.25-10.10	**IS**						**IS**	7	SS,S
Spolning									
10.20-11.05		**IS**				**10.10 FYS**		6	J
11.05-11.50					**IS**	**IS**		11	J,S
Spolning									
12.00-12.45			**IS**	**IS**				5	J
12.45-13.30	**12.55 FYS**		**12.55 FYS**				**IS**	6	J
Spolning									
13.40-14.25	**IS**							5	J, P
14.25-15.10		**IS**						6	J,P
Spolning									
15.20-16.05		**15.10 FYS**		**15.10 FYS**	**IS**			7	J,S
16.05-16.50			**IS**	**IS**	**FYS 16.15**	**IS**		8	J,S
Spolning									
17.00-17.45		**IS**						11	J
17.45-18.30	**IS**						**IS**	7	J,Spinns
Spolning									
~~18.40-19.25~~									
Spolning									

DAG 6 - LÖRDAG

	A1	A2	A3	D1	D2	D3	ANTAL	
	5	6	5	3	7	4		
07.00-07.45					**IS**	**IS**	11	J, S
07.45-08.30			**IS**	**IS**			6	J, S
Spolning								
08.40-09.25		**IS**					8	J, S
09.25-10.10	**IS**						8	J, S
Spolning								
10.20-11.05	Privat koreo						Privat	J,S
11.05-11.50	´				**IS**	**IS**	9	J/ Koreo 20
Spolning								
12.00-12.45			**IS**	**IS**			12	J/ Koreo 20
12.45-13.30		**IS**					6	J/ Koreo 20
Spolning								
13.40-14.40	**IS**						5	J/ Koreo 20
Spolning								