DAG 1 - MÅNDAG

	A1	A2	D1	D2	D3	D4	D5	D5	ANTAL	PLAN
	8	8	10	10	9	11	7	7		
07.00-07.45						IS	IS		18	SS
07.45-08.30				IS	IS				19	SS
Spolning										
08.40-09.25			IS						10	J
09.25-10.10		IS							8	SS
Spolning										
10.20-11.05	IS								8	SS
11.05-11.50						IS		IS	15	J
Spolning										
12.00-12.45					IS		IS		17	J
12.45-13.30				IS					10	J
Spolning										
13.40-14.25		13.45 FYS	IS						10	J
14.25-15.10	14.40 FYS	IS							8	J
Spolning										
15.20-16.05	IS							15.25 FYS	8	J
16.05-16.50					16.20 FYS	IS	16.20 FYS	IS	15	J
Spolning										
17.00-17.45					IS	17.00 FYS	IS		17	J
17.45-18.30				IS					10	J
Spolning										
18.40-19.25		IS	18.45 FYS	18.45 FYS					8	J
19.25-20.10			IS						10	SS
Spolning										
20.20-21.05	IS								8	J
Spolning										

DAG 2 - TISDAG

	A1	A2	D1	D2	D3	D4	D5	L1	ANTAL	PLAN
	8	8	10	10	9	11	8	4		
07.00-07.45			IS						10	SS
07.45-08.30				IS	IS				19	SS
Spolning										
08.40-09.25		IS			08.40 DANS				8	J
09.25-10.10		09.35 DANS				IS	IS		19	SS
Spolning										
10.20-11.05	IS								8	SS
11.05-11.50	11.15 DANS		IS						10	J
Spolning										
12.00-12.45				IS					10	J
12.45-13.30					IS		IS		17	J
Spolning										
13.40-14.25						IS		IS	15	J
14.25-15.10		IS							8	SS
Spolning										
15.20-16.05	IS		15.10 DANS						8	J
16.05-16.50			IS	IS					20	SPINS
Spolning										
17.00-17.45					IS		16.50 DANS	16.50 DANS	9	J
17.45-18.30				17.35 DANS			IS	IS	12	J
Spolning										
18.40-19.25		IS				18.30 DANS			8	J
19.25-20.10						IS			11	J
Spolning										
20.20-21.05	IS								8	J
Spolning										

DAG 3 - ONSDAG

	A1	A2	D1	D2	D3	D4	D5	L1	ANTAL	PLAN	Tränare på is	Utanför is		
	8	8	10	10	9	11	8	4						
07.00-07.45										KOREO				
07.45-08.30					IS		IS		17	SS	Jo, Se, Al			
Spolning														
08.40-09.25					08.40 DANS	IS			11	SS	Jo, Se, Al	La		Kerstin: 7
09.25-10.10			IS	IS					20	KOREO	La, Ke, Se			Karin: Ka
Spolning														Matilda: 6
10.20-11.05		IS	10.20 DANS						8	J	Ke, Ma	La		Josh: 6
11.05-11.50	IS	11.15 DANS							8	J	Ke, Ma	La		Selma: 7
Spolning														Alex: 6
12.00-12.45					IS				9	J	Ke, Jo			Laura: 9
12.45-13.30			12.30 MT	12.30 MT		12.45 DANS	IS	IS	12	J	Al, Jo, Se	La, Ka		Elisabeth:
Spolning														
13.40-14.25	13.15 MT	13.15 MT				IS	13.40 DANS	13.40 DANS	11	J	Ke, Al	La, Se, Ka		
14.25-15.10				IS					10	J	Ke, Al			
Spolning														
15.20-16.05			IS	15.20 DANS					10	J	Ke, Jo	La		
16.05-16.50	16.05 DANS				IS				9	J	Ma, Jo	La		
Spolning														
17.00-17.45	IS	IS							16	KOREO	La, Ma			
17.45-18.30							IS	IS	12	J	Ma, Se, Al			
Spolning														
18.40-19.25						IS			11	J	Ma, Se			
Spolning														

DAG 4 - TORSDAG

	A1	A2	D1	D2	D3	D4	D5	L1	ANTAL	PLAN
	8	8	10	10	9	11	8	4		
07.00-07.45				IS					10	J
07.45-08.30			IS	07.55 DANS					10	SS
Spolning										
08.40-09.25		IS	08.40 DANS						8	J
09.25-10.10	IS								8	SS
Spolning										
10.20-11.05							IS	IS	12	J
11.05-11.50					IS		11.15 DANS	11.15 DANS	9	J
Spolning										
12.00-12.45					12.00 DANS	IS			11	J
12.45-13.30				IS		12.55 DANS			10	J
Spolning										
13.40-14.25		13.30 DANS	IS				13.10 MT	13.10 MT	10	J
14.25-15.10	14.25 DANS	IS			14.00 MT	14.00 MT			8	J
Spolning										
15.20-16.05	IS								8	J
16.05-16.50							IS	IS	12	KOREO
Spolning										
17.00-17.45					IS	IS			20	KOREO
17.45-18.30				IS					10	SS
Spolning										
18.40-19.25			IS						10	J
19.25-20.10		IS							8	SS
Spolning										
20.20-21.05	IS								8	J
Spolning										

DAG 5 - FREDAG

	A1	A2	D1	D2	D3	D4	D5	L1	ANTAL	PLAN
	8	8	10	10	9	11	9	3		
07.00-07.45						IS			11	J
07.45-08.30					IS		IS		17	SS
Spolning										
08.40-09.25	IS								8	J
09.25-10.10		IS							8	SS
Spolning										
10.20-11.05			IS	IS					20	SS
11.05-11.50			11.15 FYS	11.15 FYS		IS		IS	15	SS
Spolning										
12.00-12.45					IS		IS		17	J
12.45-13.30	IS				12.55 FYS		12.55 FYS		8	SS
Spolning										
13.40-14.25		IS							8	J
14.25-15.10				IS					10	J
Spolning										
15.20-16.05			IS						10	J
16.05-16.50						IS		IS	15	J
Spolning										
17.00-17.45	IS					17.00 FYS		17.00 FYS	8	J
17.45-18.30	17.55 FYS	17.45 FYS			IS		IS		17	J
Spolning										
18.40-19.25		IS							8	J
19.25-20.10			IS	IS					10	SPINS
Spolning										
20.20-21.05									10	J
Spolning										

DAG 6 - LÖRDAG

	A1	A2	D1	D2	D3	D4	D5	L1	ANTAL	PLAN
	8	8	10	10	9	11	9	3		
07.00-07.45						IS		IS	15	J
07.45-08.30					IS		IS		17	J
Spolning										
08.40-09.25				IS			08.40 FYS	08.40 FYS	10	J
09.25-10.10	09.25 FYS	09.25 FYS	IS						10	J
Spolning										
10.20-11.05		IS							8	J
11.05-11.50	IS								8	J
Spolning										
12.00-12.45							IS	IS	12	FUN
12.45-13.30			12.45 FYS	12.45 FYS	IS	IS			20	FUN
Spolning										
13.40-14.25			IS	IS	13.40 FYS	13.40 FYS			20	FUN
14.25-15.10	IS	IS							16	FUN
Spolning										