

SCHEMA GRUPP 1 -07-10

Start	Slut	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Start	Slut		
07:00	07:15						07:00	07:15		
07:15	07:30		Samling		Samling		07:15	07:30		
07:30	07:45						07:30	07:45		
07:45	08:00						07:45	08:00		
08:00	08:15		Ispass-		Ispass	Samling	08:00	08:15		
08:15	08:30							08:15	08:30	
08:30	08:45							Fys-	08:30	08:45
08:45	09:00	Samling				Samling		Karatehallen	08:45	09:00
09:00	09:15						09:00	09:15		
09:15	09:30	Fys-		Fys-			09:15	09:30		
09:30	09:45	Karatehallen	Off-ice	Karatehallen	Off-ice		09:30	09:45		
09:45	10:00							09:45	10:00	
10:00	10:15		Teori-			Ispass	10:00	10:15		
10:15	10:30		Birgitta					10:15	10:30	
10:30	10:45	Ispass		Ispass	Ispass			10:30	10:45	
10:45	11:00									10:45
11:00	11:15		Mat				11:00	11:15		
11:15	11:30						11:15	11:30		
11:30	11:45						11:30	11:45		
11:45	12:00		Ispass-			Mat	11:45	12:00		
12:00	12:15	Mat			Mat	Mat		12:00	12:15	
12:15	12:30						12:15	12:30		
12:30	12:45					Off-ice	12:30	12:45		
12:45	13:00						12:45	13:00		
13:00	13:15	Rörlighet-		Rörlighet-			13:00	13:15		
13:15	13:30	Karatehallen	Bollspel-	Karatehallen	Ispass	Bollspel-	13:15	13:30		
13:30	13:45					C-hallen		C-hallen	13:30	13:45
13:45	14:00						13:45	14:00		
14:00	14:15	Mellanmål	Mellanmål	Mellanmål	Mellanmål	Mellanmål	14:00	14:15		
14:15	14:30	Ispass-	Rörlighet-	Ispass	Fys-		14:15	14:30		
14:30	14:45					Karatehallen			14:30	14:45
14:45	15:00				Karatehallen	Intern match	14:45	15:00		
15:00	15:15						15:00	15:15		
15:15	15:30						15:15	15:30		
15:30	15:45		Ispass			Avslutning	15:30	15:45		
15:45	16:00	Bollspel-			Off-ice			15:45	16:00	
16:00	16:15	C-hallen					16:00	16:15		
16:15	16:30						16:15	16:30		
16:30	16:45	Mat Alla	Mat endast MV	Mat Alla			16:30	16:45		
16:45	17:00						16:45	17:00		
17:00	17:15	MV-träning-	MV-träning-	MV-träning-			17:00	17:15		
17:15	17:30								17:15	17:30
17:30	17:45								17:30	17:45
17:45	18:00						17:45	18:00		
18:00	18:15						18:00	18:15		
18:15	18:30	Ispass		Ispass			18:15	18:30		
18:30	18:45							18:30	18:45	
18:45	19:00							18:45	19:00	
19:00	19:15							19:00	19:15	
19:15	19:30						19:15	19:30		
19:30	19:45						19:30	19:45		
19:45	20:00						19:45	20:00		
20:00	20:15						20:00	20:15		
20:15	20:30						20:15	20:30		
20:30	20:45						20:30	20:45		
20:45	21:00						20:45	21:00		