

| måndag 07-okt |                        |                        |             | tisdag 08-okt |                        |                        |             | onsdag 09-okt |                                  |                        |                  | torsdag 10-okt |                        |                        |             |
|---------------|------------------------|------------------------|-------------|---------------|------------------------|------------------------|-------------|---------------|----------------------------------|------------------------|------------------|----------------|------------------------|------------------------|-------------|
| A-hallen      |                        | B-hallen               |             | A-hallen      |                        | B-hallen               |             | A-hallen      |                                  | B-hallen               |                  | A-hallen       |                        | B-hallen               |             |
| 08.00-08.30   |                        |                        | 08.15-08.45 | 08.00-08.30   |                        |                        | 08.15-08.45 | 08.00-08.30   |                                  |                        | 08.15-08.45      | 08.00-08.30    |                        |                        | 08.15-08.45 |
| 08.30-09.00   |                        |                        | 08.45-09.15 | 08.30-09.00   |                        |                        | 08.45-09.15 | 08.30-09.00   |                                  |                        | 08.45-09.15      | 08.30-09.00    |                        |                        | 08.45-09.15 |
| 09.00-09.30   |                        |                        | 09.15-09.45 | 09.00-09.30   |                        |                        | 09.15-09.45 | 09.00-09.30   |                                  |                        | 09.15-09.45      | 09.00-09.30    |                        |                        | 09.15-09.45 |
| 09.30-10.00   |                        |                        | 09.45-10.15 | 09.30-10.00   |                        |                        | 09.45-10.15 | 09.30-10.00   |                                  |                        | 09.45-10.15      | 09.30-10.00    |                        |                        | 09.45-10.15 |
| 10.00-10.30   |                        |                        | 10.15-10.45 | 10.00-10.30   |                        |                        | 10.15-10.45 | 10.00-10.30   |                                  |                        | 10.15-10.45      | 10.00-10.30    |                        |                        | 10.15-10.45 |
| 10.30-11.00   |                        |                        | 10.45-11.15 | 10.30-11.00   |                        |                        | 10.45-11.15 | 10.30-11.00   |                                  |                        | 10.45-11.15      | 10.30-11.00    |                        |                        | 10.45-11.15 |
| 11.00-11.30   |                        |                        | 11.15-11.45 | 11.00-11.30   |                        |                        | 11.15-11.45 | 11.00-11.30   |                                  |                        | 11.15-11.45      | 11.00-11.30    |                        |                        | 11.15-11.45 |
| 11.30-12.00   |                        |                        | 11.45-12.15 | 11.30-12.00   |                        |                        | 11.45-12.15 | 11.30-12.00   |                                  |                        | 11.45-12.15      | 11.30-12.00    |                        |                        | 11.45-12.15 |
| 12.00-12.30   |                        |                        | 12.15-12.45 | 12.00-12.30   |                        |                        | 12.15-12.45 | 12.00-12.30   |                                  |                        | 12.15-12.45      | 12.00-12.30    |                        |                        | 12.15-12.45 |
| 12.30-13.00   |                        |                        | 12.45-13.15 | 12.30-13.00   |                        |                        | 12.45-13.15 | 12.30-13.00   |                                  |                        | 12.45-13.15      | 12.30-13.00    |                        |                        | 12.45-13.15 |
| 13.00-13.30   |                        |                        | 13.15-13.45 | 13.00-13.30   |                        |                        | 13.15-13.45 | 13.00-13.30   |                                  |                        | 13.15-13.45      | 13.00-13.30    |                        |                        | 13.15-13.45 |
| 13.30-14.00   |                        |                        | 13.45-14.15 | 13.30-14.00   |                        |                        | 13.45-14.15 | 13.30-14.00   |                                  |                        | 13.45-14.15      | 13.30-14.00    |                        |                        | 13.45-14.15 |
| 14.00-14.30   | Allmänhetens<br>åkning | Allmänhetens<br>åkning | 14.15-14.45 | 14.00-14.30   | Allmänhetens<br>åkning | Allmänhetens<br>åkning | 14.15-14.45 | 14.00-14.30   | Allmänhetens<br>åkning           | Allmänhetens<br>åkning | 14.15-14.45      | 14.00-14.30    | Allmänhetens<br>åkning | Allmänhetens<br>åkning | 14.15-14.45 |
| 14.30-15.00   |                        |                        | 14.45-15.15 | 14.30-15.00   |                        |                        | 14.45-15.15 | 14.30-15.00   |                                  |                        | 14.45-15.15      | 14.30-15.00    |                        |                        | 14.45-15.15 |
| 15.00-15.30   |                        |                        | 15.15-15.45 | 15.00-15.30   |                        |                        | 15.15-15.45 | 15.00-15.30   |                                  |                        | 15.15-15.45      | 15.00-15.30    |                        |                        | 15.15-15.45 |
| 15.30-16.00   | Konståkning            |                        | 15.45-16.15 | 15.30-16.00   | Konståkning            |                        | 15.45-16.15 | 15.30-16.00   | Konståkning                      |                        | 15.45-16.15      | 15.30-16.00    |                        |                        | 15.45-16.15 |
| 16.00-16.30   |                        |                        | 16.15-16.45 | 16.00-16.30   |                        |                        | 16.15-16.45 | 16.00-16.30   |                                  |                        | 16.15-16.45      | 16.00-16.30    | Konståkning            |                        | 16.15-16.45 |
| 16.30-17.00   |                        | F10 / F12<br>5+6       | 16.45-17.15 | 16.30-17.00   |                        |                        | 16.45-17.15 | 16.30-17.00   |                                  |                        | 16.45-17.15      | 16.30-17.00    |                        |                        | 16.45-17.15 |
| 17.00-17.30   |                        | U9                     | 17.15-17.45 | 17.00-17.30   |                        | U10                    | 17.15-17.45 | 17.00-17.30   |                                  |                        | F10 / F12<br>5+6 | 17.15-17.45    |                        |                        | 17.15-17.45 |
| 17.30-18.00   |                        | 7                      | 17.45-18.15 | 17.30-18.00   |                        | 6                      | 17.45-18.15 | 17.30-18.00   |                                  |                        | F14 / F16        | 17.45-18.15    |                        | U11                    | 17.45-18.15 |
| 18.00-18.30   |                        |                        | 18.15-18.45 | 18.00-18.30   |                        | B-block<br>18          | 18.15-18.45 | 18.00-18.30   |                                  |                        | 15               | 18.15-18.45    |                        | U12                    | 18.15-18.45 |
| 18.30-19.00   |                        |                        | 18.45-19.15 | 18.30-19.00   |                        |                        | 18.45-19.15 | 18.30-19.00   |                                  |                        | A-block          | 18.45-19.15    |                        | 18                     | 18.45-19.15 |
| 19.00-19.30   |                        |                        | 19.15-19.45 | 19.00-19.30   | Junior                 |                        | 19.15-19.45 | 19.00-19.30   | U13 grp Blå<br>Viggbyholm<br>5+7 |                        | A-block          | 19.15-19.45    |                        | SDE rum 6+7            | 19.15-19.45 |
| 19.30-20.00   | Junior                 | 18                     | 19.45-20.15 | 19.30-20.00   | 9                      | Konståkning            | 19.45-20.15 | 19.30-20.00   |                                  |                        | 12               | 19.45-20.15    |                        | Konståkning            | 19.45-20.15 |
| 20.00-20.30   |                        |                        | 20.15-20.45 | 20.00-20.30   |                        |                        | 20.15-20.45 | 20.00-20.30   |                                  |                        | DJ               | 20.15-20.45    |                        |                        | 20.15-20.45 |
| 20.30-21.00   |                        | A-lag                  | 20.45-21.15 | 20.30-21.00   | Damer                  |                        | 20.45-21.15 | 20.30-21.00   | A-lag                            |                        | 18               | 20.45-21.15    |                        |                        | 20.45-21.15 |
| 21.00-21.30   |                        | Ingen spolning         | 21.15-21.45 | 21.00-21.30   |                        |                        | 21.15-21.45 | 21.00-21.30   |                                  |                        |                  | 21.15-21.45    |                        | Junior                 | 21.15-21.45 |
| 21.30-22.00   | Mariners               | IceAge 21:30           | 21.45-22.15 | 21.30-22.00   | 6+7                    |                        | 21.45-22.15 | 21.30-22.00   |                                  |                        | Mariners         | 21.45-22.15    |                        |                        | 21.45-22.15 |
| 22.00-22.30   |                        | 15                     | 22.15-22.45 | 22.00-22.30   |                        |                        | 22.15-22.45 | 22.00-22.30   |                                  |                        |                  | 22.15-22.45    |                        |                        | 22.15-22.45 |
| 22.30-23.00   |                        |                        |             | 22.30-23.00   |                        |                        |             | 22.30-23.00   |                                  |                        |                  |                |                        | 9                      | 22.15-22.45 |

| fredag 11-okt |                 |             | lördag 12-okt |                     |              | söndag 13-okt |               |             |
|---------------|-----------------|-------------|---------------|---------------------|--------------|---------------|---------------|-------------|
| A-hallen      |                 | B-hallen    | A-hallen      |                     | B-hallen     | A-hallen      |               | B-hallen    |
| 08.00-08.30   |                 | 08.15-08.45 | 08.00-08.30   |                     | 08.15-08.45  | 08.00-08.30   |               | 08.15-08.45 |
| 08.30-09.00   |                 | 08.45-09.15 | 08.30-09.00   |                     | 08.45-09.15  | 08.30-09.00   | Konståkning   | 08.45-09.15 |
| 09.00-09.30   |                 | 09.15-09.45 | 09.00-09.30   | HSK lekis/nybörjare | F10          | 09.00-09.30   |               | 09.15-09.45 |
| 09.30-10.00   |                 | 09.45-10.15 | 09.30-10.00   | 5+6                 | 18           | 09.30-10.00   |               | 09.45-10.15 |
| 10.00-10.30   |                 | 10.15-10.45 | 10.00-10.30   | HSK flickor         | U11          | 10.00-10.30   |               | 10.15-10.45 |
| 10.30-11.00   |                 | 10.45-11.15 | 10.30-11.00   | 7                   |              | 10.30-11.00   |               | 10.45-11.15 |
| 11.00-11.30   |                 | 11.15-11.45 | 11.00-11.30   | HSK fortsättning    | 13           | 11.00-11.30   |               | 11.15-11.45 |
| 11.30-12.00   |                 | 11.45-12.15 | 11.30-12.00   | 5                   |              | 11.30-12.00   |               | 11.45-12.15 |
| 12.00-12.30   |                 | 12.15-12.45 | 12.00-12.30   | U9                  | Allmänhetens | 12.00-12.30   |               | 12.15-12.45 |
| 12.30-13.00   |                 | 12.45-13.15 | 12.30-13.00   | Poolspel            | åkning       | 12.30-13.00   |               | 12.45-13.15 |
| 13.00-13.30   |                 | 13.15-13.45 | 13.00-13.30   | 6+7+15+18           |              | 13.00-13.30   |               | 13.15-13.45 |
| 13.30-14.00   |                 | 13.45-14.15 | 13.30-14.00   | Allmänhetens        | Damer        | 13.30-14.00   |               | 13.45-14.15 |
| 14.00-14.30   | Allmänhetens    | 14.15-14.45 | 14.00-14.30   | åkning              | 18           | 14.00-14.30   | Allmänhetens  | 14.15-14.45 |
| 14.30-15.00   | åkning          | 14.45-15.15 | 14.30-15.00   |                     |              | 14.30-15.00   | åkning        | 14.45-15.15 |
| 15.00-15.30   |                 | 15.15-15.45 | 15.00-15.30   | U10 grp 2 nord      | A-block      | 15.00-15.30   | B-block       | 15.15-15.45 |
| 15.30-16.00   | Konståkning     | 15.45-16.15 | 15.30-16.00   | Poolspel            | 12           | 15.30-16.00   | 5+6           | 15.45-16.15 |
| 16.00-16.30   |                 | 16.15-16.45 | 16.00-16.30   | 5+6+14+16+17        | F14          | 16.00-16.30   |               | 16.15-16.45 |
| 16.30-17.00   |                 | 16.45-17.15 | 16.30-17.00   | F12                 | 11           | 16.30-17.00   |               | 16.45-17.15 |
| 17.00-17.30   |                 | 17.15-17.45 | 17.00-17.30   | Poolspel            |              | 17.00-17.30   | IceAge        | 17.15-17.45 |
| 17.30-18.00   | Spolning 17:50  | 17.45-18.15 | 17.30-18.00   | 7+13+15+18          |              | 17.30-18.00   |               | 17.45-18.15 |
| 18.00-18.30   | Isvärming 18:00 | 18.15-18.45 | 18.00-18.30   |                     |              | 18.00-18.30   | 13+14         | 18.15-18.45 |
| 18.30-19.00   | Spolning 18:40  | 18.45-19.15 | 18.30-19.00   |                     |              | 18.30-19.00   | U15 grp blå 1 | 18.45-19.15 |
| 19.00-19.30   | Nedsläpp 19:00  | 19.15-19.45 | 19.00-19.30   |                     |              | 19.00-19.30   | Täby          | 19.15-19.45 |
| 19.30-20.00   | SDE             | 19.45-20.15 | 19.30-20.00   |                     |              | 19.30-20.00   | 12+5          | 19.45-20.15 |
| 20.00-20.30   | 5+6+7+8         | 20.15-20.45 | 20.00-20.30   |                     |              | 20.00-20.30   | Mariners      | 20.15-20.45 |
| 20.30-21.00   |                 | 20.45-21.15 | 20.30-21.00   |                     |              | 20.30-21.00   |               | 20.45-21.15 |
| 21.00-21.30   |                 | 21.15-21.45 | 21.00-21.30   |                     |              | 21.00-21.30   |               | 21.15-21.45 |
| 21.30-22.00   |                 | 21.45-22.15 | 21.30-22.00   |                     |              | 21.30-22.00   |               | 21.45-22.15 |
| 22.00-22.30   |                 | 22.15-22.45 | 22.00-22.30   |                     |              | 22.00-22.30   |               | 22.15-22.45 |
| 22.30-23.00   |                 |             | 22.30-23.00   |                     |              | 22.30-23.00   |               |             |

| Poolspel  | U9    | U10   | F12   |
|-----------|-------|-------|-------|
| Förbered  | 12:00 | 15:00 | 16:30 |
| Match 1-2 | 12:10 | 15:10 | 16:40 |
| Match 3-4 | 12:30 | 15:30 | 17:00 |
| Match 5-6 | 12:50 | 15:50 | 17:20 |
| Städa     | 13:10 | 16:10 | 17:40 |
| Spolning  | 13:20 | 16:20 | 17:50 |