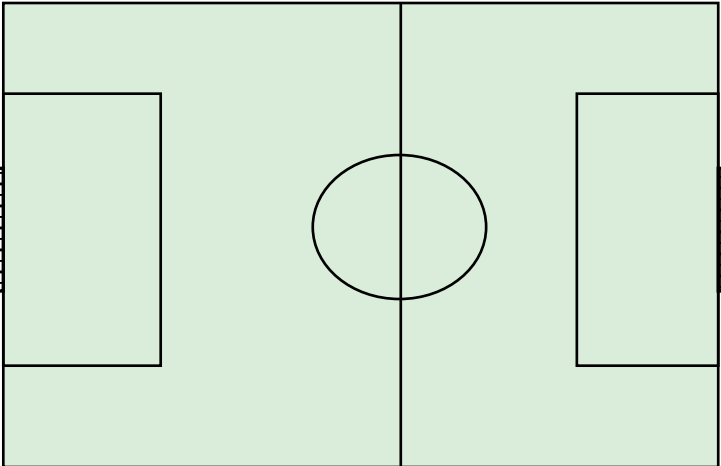


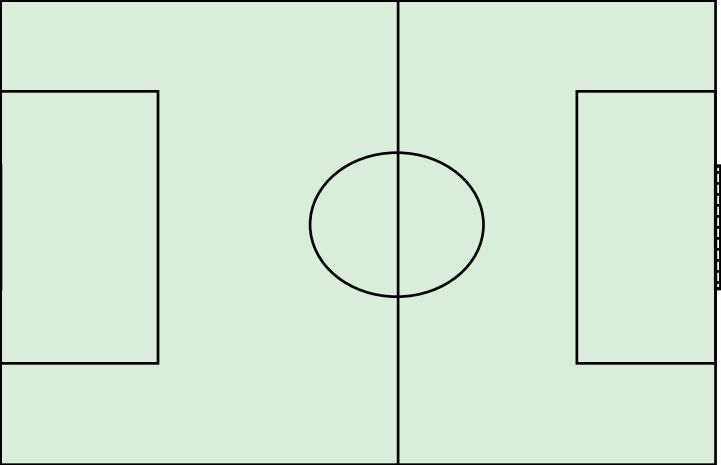
# Dagens träning

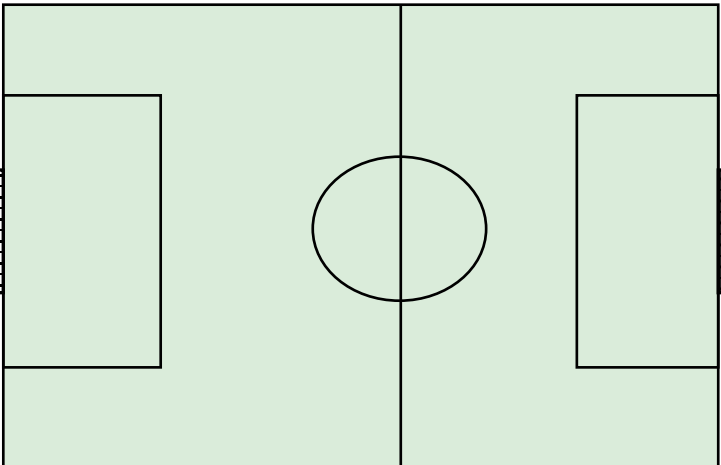


Dag \_\_\_\_\_ Tid \_\_\_\_\_ Tema \_\_\_\_\_  
Datum \_\_\_\_\_ Plats \_\_\_\_\_ Veckans lirare \_\_\_\_\_

1 min	_____		Frånvarande
	_____		

2 min	_____		
	_____		

3 min	_____		
	_____		

4 min	_____		
	_____		