# **Träningsschema IK Fyris sommarschema v 20-39 12/5-28/9 Behöver ni bokningsnummer hör ni av er till mig.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Start** | **Stopp** | **Anläggning** | **Minuter** | **Uppdelning av plan** | | | | **Kommentar** |
|  | **måndag** |  |  |  | | | |  |
|  | Tider vi har | Stenhagens KG |  | Plan 1 | Plan 2 | | |  |
|  |  | 17-17.30 |  | HJ | | | |  |
|  |  | 17.30-18.00 |  | HJ | F09/10 | | |  |
|  |  | 18.00-18.30 |  | H8 | HJ | F09 | |  |
|  |  | 18.30-19.00 |  | H8 | F09/10 | | |  |
|  |  | 19.00-19.30 |  | H8 | | | |  |
|  |  | Gräs 7x7 plan 1 |  |  | | | |  |
|  | 17-19 | 17.15-18.45 |  | P14 | | | |  |
|  | 19-20 | 18.45-20 |  | F12 | | | |  |
|  |  | Gräs 7x7 plan2 |  |  | | | |  |
|  | 17.30-20 | 17.30-19 |  | P15 | | | |  |
|  |  | 19-20 |  | F12 | | | |  |
|  |  | Gräs 7x7 plan3 |  |  | | | |  |
|  |  | 17-18.30 |  | P14 | | | |  |
|  |  | Gräs 5x5 plan 2 |  |  | | | |  |
|  |  | 17.30-18.30 |  | P15 | | | |  |
|  |  | Gräs 5x5 plan 3 |  |  | | | |  |
|  |  | 17-18 |  | F16/17 | | | |  |
|  |  | Gräs 5x5 plan 4 |  |  | | | |  |
|  |  |  |  |  | | | |  |
|  | **tisdag** |  |  |  | | | |  |
|  |  | Stenhagens KG |  | Plan 1 | Plan 2 | | |  |
|  | 17-18 | 17-18 |  |  |  | | |  |
|  |  | Gräs 7x7 plan 1 |  |  | | | |  |
|  | 17.30-19 | 17.30-19 |  | F13 | | | |  |
|  | 19-20 | 19-20 |  | P12 | | | |  |
|  |  | Gräs 7x7 plan2 |  |  | | | |  |
|  | 17.30-19 | 17.00-18.30 |  | F15 | | | |  |
|  | 19-20 | 18.30-20 |  | P12 | | | |  |
|  |  | Gräs 7x7 plan3 |  |  | | | |  |
|  | 17-20 | 17-18.30 |  | F14 | | | |  |
|  |  | 18.30-20 |  | P13 | | | |  |
|  |  | Gräs 5x5 plan 2 |  |  | | | |  |
|  | 17-18 | 17-18 |  | Knatte | | | |  |
|  |  | Gräs 5x5 plan 3 |  |  | | | |  |
|  | 17-18 | 17-18 |  | Knatte | | | |  |
|  | 18-19 | 18-19 |  | P16 | | | |  |
|  |  | Gräs 5x5 plan 4 |  |  | | | |  |
|  | 17-19 | 17-18 |  | F18 | | | |  |
|  |  |  |  |  | | | |  |
|  |  |  |  |  | | | |  |
|  |  |  |  |  | | | |  |
|  |  |  |  |  | | | |  |
|  |  |  |  |  | | | |  |
|  |  |  |  |  | | | |  |
|  | **onsdag** |  |  |  | | | |  |
|  |  | Stenhagens KG |  | Plan 1 | Plan 2 | | |  |
|  |  | 16.30-17 |  |  | | | |  |
|  | 17.00-20 | 17.00-17.30 |  |  | | | |  |
|  |  | 17.30-18.00 |  | F09/F12 | | | |  |
|  |  | 18.00-18.30 |  | H8 | F09/F12 | | |  |
|  |  | 18.30-19.00 |  | H8 | F09/F12 | | |  |
|  |  | 19.00-19.30 |  | H8 | | | |  |
|  |  | Gräs 7x7 plan 1 |  |  | | | |  |
|  | 16-19 | 16-17.30 |  |  | | | |  |
|  |  | 17.30-19 |  | P15 | | | |  |
|  |  | Gräs 7x7 plan2 |  |  | | | |  |
|  | 16-19.30 | 16-17.30 |  |  | | | |  |
|  |  | 17.30-19 |  | P14 | | | |  |
|  |  | Gräs 7x7 plan3 |  |  | | | |  |
|  |  | 17.30-19.00 |  | P14 | | | |  |
|  |  | 18.30-19 |  |  | | | |  |
|  |  | Gräs 5x5 plan 2 |  |  | | | |  |
|  | 17-18 | 17.30-19 |  | P15 | | | |  |
|  |  | Gräs 5x5 plan 3 |  |  | | | |  |
|  | 17-18 | 17-18 |  | P18 | | | |  |
|  |  | Gräs 5x5 plan 4 |  |  | | | |  |
|  | **17-18** | 17-18 |  |  | | | |  |
|  | torsdag |  |  |  | | | |  |
|  |  | Stenhagens KG |  |  | | | |  |
|  |  | 17-18 |  |  | F12 | | |  |
|  |  | 18-18.30 |  |  | F12 | | HJ |  |
|  |  | 18.30-19 |  | HJ | F12 | | |  |
|  |  | 19-19.30 |  | HJ | | | |  |
|  |  | Gräs 7x7 plan 1 |  |  | | | |  |
|  |  | 16-17 |  | P14 | | | |  |
|  | 16-20 | 17.30-19 |  | F13 | | | |  |
|  |  | 19-20 |  | P12 | | | |  |
|  |  | Gräs 7x7 plan2 |  |  | | | |  |
|  |  | 16-17 |  | P14 | | | |  |
|  | 16.00-20 | 17.00-18.30 |  | F15 | | | |  |
|  |  | 18.30-20 |  | P12 | | | |  |
|  |  | Gräs 7x7 plan3 |  |  | | | |  |
|  | 17-20 | 17-18.30 |  | F14 | | | |  |
|  |  | 18.30-20 |  | P13 | | | |  |
|  |  | Gräs 5x5 plan 2 |  |  | | | |  |
|  | 17.00-18.30 | 17-18.30 |  | P16 | | | |  |
|  | 18.30-19 |  |  |  | | | |  |
|  |  | Gräs plan 3 |  |  | | | |  |
|  | 17-18 | 17-18 |  | F16/17 | | | |  |
|  |  | Gräs plan 4 |  |  | | | |  |
|  | 17-18 | 17-18 |  | P17? | | | |  |
|  | **Fredag** |  |  |  | | | |  |
|  |  | Stenhagens KG |  |  | | | |  |
|  | 17-19.30 | 17-19-30 |  |  |  | | |  |
|  |  |  |  |  | | | |  |

**Tider per lag v 20-39**

|  |  |  |  |
| --- | --- | --- | --- |
| **Lag** | **Tid 1** | **Tid 2** | **Tid 3** |
| **H8** | Mån 18-19.30 | Ons 18-19.30 |  |
| **P09/10** | Mån 17-18.30 | Tors 18-19.30 |  |
| **F09/10** | Mån 17.30-19 | Ons 17.30-19 |  |
| **F12** | Mån 18.45-20 | Ons 17.30-19 | Tors 17-18.30 |
| **P12** | Tis 18.30-20 | Tors 18.30-20 |  |
| **F13** | Tis 17.30-19 | Tors 17.30-19 |  |
| **P13** | Tis 18.30-20 | Tors 18.30-20 |  |
| **F14** | Tis 17-18.30 | Tors 17-18.30 |  |
| **P14** | Mån 17.15-18.45 | Ons 17.30-19 | Tors 16-17 |
| **F15** | Tis 17-18.30 | Tors 17-18.30 |  |
| **P15** | Mån 17.30-19 | Ons 17.30-19 |  |
| **F16/17** | Mån 17-18 | Tors 17-18 |  |
| **P16** | Tis 18-19 | Tors 17.30-19 |  |
| **P17** | Ons 17-18 |  |  |
| **F18** | Tis 17-18 |  |  |
| **P18** | Ons 17-18 |  |  |
| **Knatte** | Tis 17-18 |  |  |