

**TRÄNINGSTIDER V33 -- 2025-08-11 -- 2025-08-17**

| LAG                         | MÅNDAG                  | TISDAG                  | ONSDAG                  | TORSDAG                 | FREDAG                  | LÖRDAG                  | SÖNDAG                  |
|-----------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| A-LAG                       | B-HALL<br>19:00 - 20:15 | B-HALL<br>19:00 - 20:15 | B-HALL<br>19:00 - 20:15 | B-HALL<br>17:45 - 18:45 |                         |                         |                         |
| HJ20                        |                         | B-HALL<br>20:30 - 21:30 | B-HALL<br>20:30 - 21:30 | B-HALL<br>19:00 - 20:15 |                         |                         |                         |
| HJ18 RÖD / SV               | B-HALL<br>20:30 - 21:30 |                         | B-HALL<br>17:45 - 18:45 |                         | B-HALL<br>19:00 - 20:00 |                         |                         |
| TIGERS                      |                         |                         |                         |                         |                         |                         |                         |
| A-POJK                      |                         | B-HALL<br>17:45 - 18:45 |                         | B-HALL<br>16:30 - 17:30 | B-HALL<br>17:45 - 18:45 |                         |                         |
| P12                         | B-HALL<br>17:45 - 18:45 |                         | B-HALL<br>16:30 - 17:30 |                         |                         | B-HALL<br>12:45 - 13:45 |                         |
| P13                         | B-HALL<br>16:30 - 17:30 |                         |                         |                         | B-HALL<br>16:30 - 17:30 |                         | B-HALL<br>11:30 - 12:30 |
| P14                         |                         |                         |                         |                         |                         | B-HALL<br>11:30 - 12:30 |                         |
| P15                         |                         |                         |                         |                         |                         |                         | B-HALL<br>10:15 - 11:15 |
| P16                         |                         |                         |                         |                         |                         | B-HALL<br>10:15 - 11:15 |                         |
| P17                         |                         |                         |                         |                         |                         |                         | B-HALL<br>09:00 - 10:00 |
| P18                         |                         |                         |                         |                         |                         | B-HALL<br>09:00 - 10:00 |                         |
| FLICK A / DAM J             |                         | B-HALL<br>16:30 - 17:30 |                         | B-HALL<br>20:30 - 21:30 |                         |                         |                         |
| FLICK B                     |                         |                         |                         |                         |                         |                         | B-HALL<br>12:45 - 13:45 |
| DAM<br>MOTION               |                         |                         |                         |                         |                         |                         |                         |
| HOCKEYSKOLA<br>POJK / FLICK |                         |                         |                         |                         |                         |                         |                         |
| LINDEN +65                  |                         |                         |                         |                         |                         |                         |                         |
| VETERANER                   |                         |                         |                         |                         |                         |                         |                         |