



# Träningsstider



| Tid   | Måndag           | Tisdag           | Onsdag                     | Torsdag                   | Fredag | Lördag                               | Söndag                     |
|-------|------------------|------------------|----------------------------|---------------------------|--------|--------------------------------------|----------------------------|
| 08-09 | Isvård           |                  |                            |                           |        |                                      |                            |
| 09-10 |                  |                  |                            |                           |        | M<br>a<br>t<br>c<br>h<br>t<br>i<br>d |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
| 10-11 |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        | Skridsko<br>skolan<br>10:30-11:30    | U11/U13<br>10:30-<br>11:30 |
|       |                  |                  |                            |                           |        |                                      | F10-12<br>10:30-11:30      |
| 11-12 |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
| 12-13 |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
| 13-14 |                  |                  |                            |                           |        | Matchtid                             |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
| 14-15 |                  |                  |                            |                           |        | Matchtid                             |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
| 15-16 |                  |                  |                            |                           |        | Matchtid                             |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
| 16-17 | Isvård           |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
| 17-18 |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  | U11/U13<br>17:30-<br>18:45 | F10-12<br>17:30-<br>18:45 |        |                                      |                            |
| 18-19 | Dam<br>18-19:15  | Herr<br>18-19:15 |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
| 19-20 |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
| 20-21 | Herr<br>19:45-21 | Dam 19:15<br>21  | Herr<br>19:45-21           | Dam 19:15<br>21           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
| 21-22 |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |
|       |                  |                  |                            |                           |        |                                      |                            |

Uppdaterat: 2025-11-12

|                | Mån      | Tis      | Ons         | Tor         | Fre | Lör | Sön         |
|----------------|----------|----------|-------------|-------------|-----|-----|-------------|
| Herr           | 19:45-21 |          | 19:45-21    |             |     |     |             |
| Dam            | 18-19:15 | 19:15-21 |             | 19:15-21    |     |     |             |
| F10-12         |          |          |             | 17:30-18:45 |     |     | 10:30-11:30 |
| U11-13         |          |          | 17:30-18:45 |             |     |     | 10:30-11:30 |
| Skridskoskolan |          |          |             |             |     |     | 10:30-11:30 |