

	MÅNDAG TEAM 09/10	TISDAG TEAM 09/10	ONSDAG TEAM 09/10	TORSDAG TEAM 09/10	FREDAG TEAM 09/10
06:45 07:00	INCHECKNING				
07:00 07:15					
07:15 07:30					
07:30 07:45		FRUKOST		FRUKOST	MATCH
07:45 08:00		07:30-08:00		07:30-08:00	07:30-08:30
08:00 08:15	FRUKOST		FRUKOST		
08:15 08:30	08:00-08:30		08:00-08:30		
08:30 08:45					
08:45 09:00	TEORI/Bollspel	IS	TEORI/Bollspel	IS	FRUKOST
09:00 09:15	Teknik	08:40-09:40	Teknik	08:40-09:40	08:45-09:15
09:15 09:30	08:45-09:30		08:45-09:30		
09:30 09:45					BAD
09:45 10:00	IS		IS		09:30-10:15
10:00 10:15	09:50-10:50	Teori/Teknik	09:50-10:50	Teori/Teknik	
10:15 10:30		Bollspel		Bollspel	
10:30 10:45		10:00-10:45		10:00-10:45	
10:45 11:00					
11:00 11:15		FYS		FYS	LUNCH
11:15 11:30		11:00-11:45		11:00-11:45	11:00-11:45
11:30 11:45	LUNCH		LUNCH		
11:45 12:00	11:30-12:15		11:30-12:15		
12:00 12:15		LUNCH		LUNCH	
12:15 12:30		12:00-12:45		12:00-12:45	MATCH
12:30 12:45	FYS		FYS		12:10-13:10
12:45 13:00	12:30-13:30		12:30-13:30		
13:00 13:15					
13:15 13:30		IS		IS	
13:30 13:45		13:20-14:20		13:20-14:20	5-kamp
13:45 14:00	MELLIS		MELLIS		13:30-15:15
14:00 14:15	13:45-14:00		13:45-14:00		
14:15 14:30					
14:30 14:45	IS	MELLIS	IS	MELLIS	
14:45 15:00	14:30-15:30	14:30-15:15	14:30-15:30	14:30-15:15	
15:00 15:15					
15:15 15:30					
15:30 15:45					AVSLUTNING
15:45 16:00		RF SISU		RF SISU	15:30-16:00
16:00 16:15		Rörelsebana		Värdegrund	
16:15 16:30		15:45-16:45		15:45-16:45	
16:30 16:45					
16:45 17:00					
17:00 17:15					