

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