Säsong 24/25

| S:t Ilian | | | | | | | | Bergvreten | | Hummelsta | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | Måndag | Tisdag | Onsdag | Torsdag | Fredag | Lördag | Söndag | | Måndag | | Torsdag |
| 16.30 | P 13-14<br>16.30-18.00 | P/F 15-16<br>16.30-18.00 | F 10-11<br>16.30-18.00 | P/F 15-16<br>16.30-18.00 | | Matcher<br>08.00 - 20.00 | Matcher<br>08.00-15.00 | 18.30 | F 10-11<br>18.30-20.00 | 20.00 | H3/H5<br>20.00-22.00 |
| 17.00 | | | | | F 12-14<br>17.00-18.00 | | | 19.00 | | 20.30 | |
| 17.30 | | | | | | | Innebandyskolan<br>15.00-18.00 | 19.30 | | 21.00 | |
| 18.00 | P 09-10<br>18.00-19.30 | F 12-14<br>18.00-19.30 | D2/D3<br>18.00-20.00 | P 13-14<br>18.00-19.30 | P 11-12<br>18.00-19.00 | | | 20.00 | D2/D3<br>20.00-22.00 | 22.00 | |
| 18.30 | | | | | | | | 20.30 | | | |
| 19.00 | | | | | Matchtid<br>19.00-22.00 | | | 21.00 | | | |
| 19.30 | H5<br>19.30-21.30 | P 11-12<br>19.30-21.00 | | P 09-10<br>19.30-21.30 | | | | 22.00 | | | |
| 20.00 | | | H3<br>20.00-22.00 | | | | | | | | |
| 20.30 | | | | | | | | | | | |
| 21.00 | | | | | | | | | | | |
| 21.30 | | | | | | | | | | | |
| 22.00 | | | | | | | | | | | |