

Träningsider HA74

V35	Måndag 24/8	Tisdag 25/8	Onsdag 26/8	Torsdag 27/8	Fredag 28/8	Lördag 29/8	Söndag 30/8				
16:00-16:10					16:00-17:10 C2 + D						
16:10-16:20											
16:20-16:30											
16:30-16:40											
16:40-16:50											
16:50-17:00											
17:00-17:10	17:00-18:10 C1/C2 + D	17:00-18:10 B1/B2	17:00-18:10 B1/B2 + A2	17:00-18:10 C1/C2	17:20-18:30 B1/B2 + C1						
17:10-17:20											
17:20-17:30											
17:30-17:40											
17:40-17:50											
17:50-18:00											
18:00-18:10											
18:10-18:20											
18:20-18:30			18:20-19:30 J18/20 + A1								
18:30-18:40											
18:40-18:50	18:20-19:30 A-lag	18:20-19:30 A-lag			18:20-19:30 A-lag						
18:50-19:00											
19:00-19:10											
19:10-19:20											
19:20-19:30											
19:30-19:40											
19:40-19:50	19:40-20:50 A1/A2 + J18/20			19:40-20:50 A1/A2 + J18/20							
19:50-20:00											
20:00-20:10											
20:10-20:20											
20:20-20:30											
20:30-20:40											
20:40-20:50											
20:50-21:00											
21:00-21:10											
21:10-21:20											
21:20-21:30											
21:30-21:40											
21:40-21:50											
21:50-22:00											
22:00-22:10											
22:10-22:20											
22:20-22:30											