| Öbacka A-hall | Måndag | | | Tisdag | | | Onsdag | | | Torsdag | | | Fredag | | | Lördag | | | Söndag | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 17:00-18:00 | 17:15 | 18:30 | P09/10 | | | | 17:15 | 18:30 | HU | | | | | | | | | | 17:30 | 19:00 | |
| 18:00-19:00 | | | | | | | | | | | | | | | | | | | | | |
| 19:00-20:00 | 18:30 | 20:00 | HU | | | | 18:30 | 20:00 | H1 | | | | | | | | | | | | |
| 20:00-21:00 | | | | | | | | | | 20:30 | 21:30 | H1 | | | | | | | | | |
| 21:00-22:00 | 20:00 | 21:30 | H1 | | | | | | | 21:30 | 22:30 | HU | | | | | | | | | |
| 22:00-23:00 | | | | | | | | | | | | | | | | | | | | | |

| Öbacka B-hall | Måndag | | | Tisdag | | | Onsdag | | | Torsdag | | | Fredag | | | Lördag | | | Söndag | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 10-00-14:30 | | | | | | | | | | | | | | | | 10:00 | 11:00 | F14/15 | 10:00 | 11:00 | F16 |
| | | | | | | | | | | | | | | | | 11:00 | 12:00 | P15 | 11:00 | 12:00 | P14 |
| | | | | | | | | | | | | | | | | 12:00 | 13:00 | P16 | 12:00 | 13:00 | Bollskoj 17/18 |
| 16:00-17:00 | | | | | | | | | | | | | | | | | | | | | |
| 17:00-18:00 | | | | 17:00 | 18:00 | P14 | | | | | | | 17:45 | 19:00 | | | | | | | |
| 18:00-19:00 | | | | 18:00 | 19:00 | F11/13 | | | | | | | | | | | | | 18:00 | 19:30 | P11 |
| 19:00-20:00 | | | | 19:00 | 20:00 | P13 | 19:00 | 20:00 | P13 | | | | | | | | | | | | |
| 20:00-21:00 | | | | 20:00 | 21:00 | P09/10 | 20:00 | 21:00 | P09/10 | | | | | | | | | | | | |
| 21:00-22:30 | | | | 21:00 | 22:15 | | | | | | | | | | | | | | | | |

| Landgrenshallen | Måndag | | | Tisdag | | | Onsdag | | | Torsdag | | | Fredag | | | Lördag | | | Söndag | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 10-00-14:30 | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | |
| 17:00-18:00 | | | | | | | 17:00 | 18:30 | P12 | 17:00 | 18:00 | P11 | | | | | | | | | |
| 18:00-19:00 | | | | | | | | | | 18:00 | 19:00 | F11/13 | | | | | | | | | |
| 19:00-20:00 | | | | | | | 18:30 | 20:00 | P11 | | | | | | | | | | | | |
| 20:00-21:00 | | | | | | | | | | | | | | | | | | | | | |
| 21:00-22:00 | | | | | | | | | | | | | | | | | | | | | |

| Franzénhallen | Måndag | | | Tisdag | | | Onsdag | | | Torsdag | | | Fredag | | | Lördag | | | Söndag | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 10:00-17:00 | | | | | | | | | | | | | | | | 11:30 | 13:00 | | 12:00 | 13:00 | |
| | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | |
| 17:00-18:00 | 16:30 | 17:30 | | | | | 16:30 | 17:30 | | | | | | | | | | | | | |
| 18:00-19:00 | 17:30 | 19:00 | P12 | | | | 17:30 | 18:30 | F14/15 | | | | 17:30 | 18:30 | P12 | | | | | | |
| 19:00-20:00 | 19:00 | 20:00 | | | | | | | | | | | | | | | | | | | |
| 20:00-21:00 | | | | | | | | | | | | | | | | | | | | | |
| 21:00-22:00 | | | | | | | | | | | | | | | | | | | | | |

| Geresta | Måndag | | | Tisdag | | | Onsdag | | | Torsdag | | | Fredag | | | Lördag | | | Söndag | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 12:00-15:00 | | | | | | | | | | | | | | | | 12:00 | 15:00 | | 09:30 | 15:00 | |
| 18:30-20:00 | | | | | | | | | | | | | | | | | | | | | |
| 20:00-21:00 | 20:30 | 22:00 | | 20:15 | 22:00 | | | | | | | | 19:00 | 22:00 | | | | | | | |
| 21:00-22:00 | | | | | | | | | | | | | | | | | | | | | |

| Solenskolan | Måndag | | | Tisdag | | | Onsdag | | | Torsdag | | | Fredag | | | Lördag | | | Söndag | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 19:30-21:00 | | | | | | | 19:00 | 22:00 | | | | | 17:00 | 20:00 | | 11:00 | 13:00 | | 11:00 | 13:00 | |
| 21:00-22:00 | 21:00 | 22:00 | | | | | | | | | | | | | | | | | | | |