

| | | Måndag | | | Tisdag | |
|--------------|-------|------------|--------------------------|---------------------|------------|--------------------------|
| Tider/ Plats | | Isdala | Lilla rinken (Borgen) | Rambergs- rinken | Isdala | Lilla rinken (Borgen) |
| Från | Till | 29/08/2022 | | | 30/08/2022 | |
| 07:00 | 07:30 | | | | | |
| 07:30 | 08:00 | | | | | |
| 08:00 | 08:30 | | | | | |
| 08:30 | 09:00 | | | | | |
| 09:00 | 09:30 | | | | | |
| 09:30 | 10:00 | | | | | |
| 10:00 | 10:30 | | | | | |
| 10:30 | 11:00 | | | | | |
| 11:00 | 11:30 | | | | | |
| 11:30 | 12:00 | | | | | |
| 12:00 | 12:30 | | | | | |
| 12:30 | 13:00 | | | | | |
| 13:00 | 13:30 | | | | | |
| 13:30 | 14:00 | | | | | |
| 14:00 | 14:30 | | | | | |
| 14:30 | 15:00 | | | | | |
| 15:00 | 15:30 | | | | | |
| 15:30 | 16:00 | | | | | |
| 16:00 | 16:30 | | | | | |
| 16:30 | 17:00 | | | | | |
| 17:00 | 17:30 | | | | | |
| 17:30 | 18:00 | | | | | |
| 18:00 | 18:30 | | | | | |
| 18:30 | 19:00 | | | | | |
| 19:00 | 19:30 | | | | | |
| 19:30 | 20:00 | | | | | |
| 20:00 | 20:30 | | | | | |
| 20:30 | 21:00 | | | | | |
| 21:00 | 21:30 | | | | | |
| 21:30 | 22:00 | | | | | |
| 22:00 | 22:30 | | | | | |

| Söndag | | | |
|--------------------------|---------------------|-------|-------|
| Lilla rinken (Borgen) | Rambergs- rinken | | |
| 04/09/2022 | | Från | Till |
| | | 07:00 | 07:30 |
| | | 07:30 | 08:00 |
| | | 08:00 | 08:30 |
| | | 08:30 | 09:00 |
| Hockey-skola | | 09:00 | 09:30 |
| | | 09:30 | 10:00 |
| | | 10:00 | 10:30 |
| | | 10:30 | 11:00 |
| | | 11:00 | 11:30 |
| | | 11:30 | 12:00 |
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| | | 12:30 | 13:00 |
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| | | 13:30 | 14:00 |
| | | 14:00 | 14:30 |
| | | 14:30 | 15:00 |
| | | 15:00 | 15:30 |
| | | 15:30 | 16:00 |
| | | 16:00 | 16:30 |
| | | 16:30 | 17:00 |
| | A-lag | 17:00 | 17:30 |
| | | 17:30 | 18:00 |
| | | 18:00 | 18:30 |
| | | 18:30 | 19:00 |
| | | 19:00 | 19:30 |
| | | 19:30 | 20:00 |
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| | | 20:30 | 21:00 |
| | | 21:00 | 21:30 |
| | | 21:30 | 22:00 |
| | | 22:00 | 22:30 |