

| V3 | | ISTIDER JHK 2021/2022 | | | | | | | | | | | | | | | |
|--------------|-------|-----------------------|--------------|------------|--------------|------------|--------------|------------|--------------|------------|--------------|------------|--------------|------------|--------------|-------|-------|
| | | Måndag | | Tisdag | | Onsdag | | Torsdag | | Fredag | | Lördag | | Söndag | | | |
| Tider/ Plats | | S-Rinken | Annan ishall | S-Rinken | Annan ishall | S-Rinken | Annan ishall | S-Rinken | Annan ishall | S-Rinken | Annan ishall | S-Rinken | Annan ishall | S-Rinken | Annan ishall | | |
| Från | Till | 2022-01-17 | | 2022-01-18 | | 2022-01-19 | | 2022-01-20 | | 2022-01-21 | | 2022-01-22 | | 2022-01-23 | | Från | Till |
| 07:15 | 07:45 | | | | | | | | | | | | | | | 07:15 | 07:45 |
| 07:45 | 08:15 | | | | | | | | | | | | | | | 07:45 | 08:15 |
| 08:15 | 08:45 | | | | | | | | | | | | | | | 08:15 | 08:45 |
| 08:45 | 09:15 | | | | | | | | | | | | | | | 08:45 | 09:15 |
| 09:15 | 09:45 | | | | | | | | | | | | | | | 09:15 | 09:45 |
| 09:45 | 10:15 | | | | | | | | | | | | | | | 09:45 | 10:15 |
| 10:15 | 10:45 | | | | | | | | | | | | | | | 10:15 | 10:45 |
| 10:45 | 11:15 | | | | | | | | | | | | | | Hockey-skola | 10:45 | 11:15 |
| 11:15 | 11:45 | | | | | | | | | | | | | | | 11:15 | 11:45 |
| 11:45 | 12:15 | | | | | | | | | | | | | | C-grupp | 11:45 | 12:15 |
| 12:15 | 12:45 | | | | | | | | | | | | | | | 12:15 | 12:45 |
| 12:45 | 13:15 | | | | | | | | | | | | | | B-grupp | 12:45 | 13:15 |
| 13:15 | 13:45 | | | | | | | | | | | | | | | 13:15 | 13:45 |
| 13:45 | 14:15 | | | | | | | | | | | | | | | 13:45 | 14:15 |
| 14:15 | 14:45 | | | | | | | | | | | | | | | 14:15 | 14:45 |
| 14:45 | 15:15 | | | | | | | | | | | | | C-grupp | | 14:45 | 15:15 |
| 15:15 | 15:45 | | | | | | | | | | | | | | | 15:15 | 15:45 |
| 15:45 | 16:15 | | | | | | | | | | | | | | | 15:45 | 16:15 |
| 16:15 | 16:45 | | | | | | | | | | | | | | | 16:15 | 16:45 |
| 16:45 | 17:15 | | | | | | | | | | | | | | J20 | 16:45 | 17:15 |
| 17:15 | 17:45 | | | | | | | | | | | | | | | 17:15 | 17:45 |
| 17:45 | 18:15 | | | | | | | | | | | | | | | 17:45 | 18:15 |
| 18:15 | 18:45 | | | | | | | | | | | | | | | 18:15 | 18:45 |
| 18:45 | 19:15 | | | | | | | | | | | | | | | 18:45 | 19:15 |
| 19:15 | 19:45 | | | | | | | | | | | | | | | 19:15 | 19:45 |
| 19:45 | 20:15 | | | | | | | | | | | | | | | 19:45 | 20:15 |
| 20:15 | 20:45 | | | | | | | | | | | | | | | 20:15 | 20:45 |
| 20:45 | 21:15 | | | | | | | | | | | | | | | 20:45 | 21:15 |
| 21:15 | 21:45 | | | | | | | | | | | | | | | 21:15 | 21:45 |
| 21:45 | 22:15 | | | | | | | | | | | | | | | 21:45 | 22:15 |
| 22:15 | 22:45 | | | | | | | | | | | | | | | 22:15 | 22:45 |