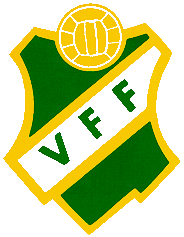
****VITALAVALLEN 2024 våren**

**Träning A-plan 2024**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Tid** | **Måndag** | **Tisdag** | **Onsdag** | **Torsdag** | **Fredag** |
|  | **P15 17.00-18.15**  **P16 17.00-18.15**  **P17 17.00-18.15** | **P/F18–19 17.00–18.15**  **F15 17.00-18.15F16-17 17.00-18.15** | **P15 17.00-18.15**  **P16 17.00-18.15**  **P17 17.00-18.15** | **F15 17.00-18.15**  **F16-17 17.00-18.15** |  |
|  | **MVFK A 18.30-20.00** | **MVFK A 18:30-20:00** | **P08-09 18.30 – 20.00** | **MVFK A 18.30-20.00** |  |
|  |  |  |  |  |  |

**Träning B-plan 2024**

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| --- | --- | --- | --- | --- | --- |
| **Tid** | **Måndag** | **Tisdag** | **Onsdag** | **Torsdag** | **Fredag** |
|  | **P12 17.00 – 18.30** |  | **P13 17.00 – 18.30** | **F12 17.00-18.30**  **F13 17.00-18.30** | **FC Dam F16/15**  **16:30-18:00** |
|  | **P10 18.30 – 20.00** | **F10-11 18:30-20:00** | **P11 18.30 – 20.00** | **P08-09 18.30 – 20.00** |  |
|  |  |  |  | **P10** |  |
|  |  |  |  |  |  |

**Träning C-plan 2024**

|  |  |  |  |  |  |
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| **Tid** | **Måndag** | **Tisdag** | **Onsdag** | **Torsdag** | **Fredag** |
|  | **P14 17.00 – 18.30** | **F14 17.30-19.00** | **P14 17.00-18.30** | **F14 17.30-19.00** |  |
|  | **P08-09 18.30 – 20.00** |  |  |  |  |

**Träning Konstgräs-plan 2024**

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| --- | --- | --- | --- | --- | --- |
| **Tid** | **Måndag** | **Tisdag** | **Onsdag** | **Torsdag** | **Fredag** |
|  | **P13 17.00-18.30** | **F12-13 17.00-18.30** | **P12 17.00-18.30** | **MIX 17:00-18:30** |  |
|  | **P11 18.30-20.00** |  | **P10 18.30-20.00** | **F10-11 18.30-20.00** |  |
|  |  |  |  |  |  |

En bild som visar text, diagram, skärmbild, Rektangel

Automatiskt genererad beskrivning En bild som visar text, diagram, Rektangel, skärmbild

Automatiskt genererad beskrivning

Notat P08-09 tränar var fjärde gång på halva b-plan under våren