****VITALAVALLEN 2024 våren**

**Träning A-plan 2024**

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|  **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** |  |
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**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** |  |
|  |  |  |  |  |  |

 

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