

| Vecka 40 | 02-okt måndag | 03-okt tisdag | 04-okt onsdag | 05-okt torsdag | 06-okt fredag | 07-okt lördag | 08-okt söndag | Vecka 40 |
|-------------|------------------|------------------|------------------------------|-------------------|------------------|------------------|------------------------|-------------|
| 08:00-08:20 | | | | | | | | 08:00-08:20 |
| 08:30-08:50 | | | | | | | | 08:30-08:50 |
| 09:00-09:20 | | | | | | | | 09:00-09:20 |
| 09:30-09:50 | | | | | | | | 09:30-09:50 |
| 10:00-10:20 | | | | | | | | 10:00-10:20 |
| 10:30-10:50 | | | | | | | | 10:30-10:50 |
| 11:00-11:20 | | | | | | | | 11:00-11:20 |
| 11:30-11:50 | | | | | | | | 11:30-11:50 |
| 12:00-12:20 | | | | | | | | 12:00-12:20 |
| 12:30-12:50 | | | | | | | H-Skola | 12:30-12:50 |
| 13:00-13:20 | | | | | | | | 13:00-13:20 |
| 13:30-13:50 | | | Domarkurs A-Ungdom J18 | | | | Lek-Is | 13:30-13:50 |
| 14:00-14:20 | | | | | | | | 14:00-14:20 |
| 14:30-14:50 | | | | | | | | 14:30-14:50 |
| 15:00-15:20 | | | | | | | U14 Hanhals | 15:00-15:20 |
| 15:30-15:50 | | | | | | | U13 Möndal | 15:30-15:50 |
| 16:00-16:20 | | | | | D-Ungdom | | | 16:00-16:20 |
| 16:30-16:50 | | | | | | | | 16:30-16:50 |
| 17:00-17:20 | | | C-ungdom | | | | | 17:00-17:20 |
| 17:30-17:50 | | | | | | | | 17:30-17:50 |
| 18:00-18:20 | | | A-ungdom | | C-Ungdom | | A-Ungdom Skärgården | 18:00-18:20 |
| 18:30-18:50 | | | | A-Ungdom | | | | 18:30-18:50 |
| 19:00-19:20 | | | | | A-Lag | | | 19:00-19:20 |
| 19:30-19:50 | Målvakt J20 | B-Ungdom | | B-Ungdom | | A-Ungdom | | 19:30-19:50 |
| 20:00-20:20 | | | A-Lag Hovås | | | | | 20:00-20:20 |
| 20:30-20:50 | A-lag | A-Ungdom | | J18 | Junior | Källered | | 20:30-20:50 |
| 21:00-21:20 | | | | | | | | 21:00-21:20 |
| 21:30-21:50 | | | | | | | | 21:30-21:50 |
| 22:00-22:20 | Vet | J18 | | J20 | B-Ungdom | Rek | | 22:00-22:20 |
| 22:30-22:50 | | | | | | | | 22:30-22:50 |

Bortamatcher/Cuper mm (röd ej tidsatt/placeholder, svart bekräftad)

J20 Stenungsund A-Lag GIK
J18 Rönning U13 Härryda