



SCHEMA

FREDAG-SÖNDAG 9-11 AUG 2024

Anmäl dig
senast
30 juli

FREDAG 9 AUGUSTI				
TID	C-UNGDOM	B-UNGDOM	A-UNGDOM	JUNIORER
08:30-08:50	ISPASS 8:30-9:20			
09:00-09:20				
09:30-09:50	MELLANMÅL	ISPASS 9:30-10:20		
10:00-10:20				
10:30-10:50	FYS 10:30-11:20	MELLANMÅL	ISPASS 10:30-11:20	
11:00-11:20				
11:30-11:50	LUNCH	FYS 11:30-12:20	MELLANMÅL	ISPASS 11:30-12:20
12:00-12:20				
12:30-12:50	ISPASS 12:30-13:20	LUNCH	FYS 12:30-13:20	MELLANMÅL
13:00-13:20				
13:30-13:50			LUNCH	FYS 13:30-14:20
14:00-14:20		ISPASS 13:30-14:50		
14:30-14:50				LUNCH
15:00-15:20				
15:30-15:50			ISPASS 15:00-16:20	
16:00-16:20				
16:30-16:50				ISPASS 16:30-17:50
17:00-17:20				
17:30-17:50				
18:00-18:20	MV 18:00-18:50	MV 18:00-18:50	MV 18:00-18:50	MV 18:00-18:50
18:30-18:50				
19:00-19:20				

LÖRDAG 10 AUGUSTI					
TID	D-UNGDOM	C-UNGDOM	B-UNGDOM	A-UNGDOM	JUNIORER
08:00-08:20	MV 8:00-8:50	MV 8:00-8:50	MV 8:00-8:50	MV 8:00-8:50	MV 8:00-8:50
08:30-08:50					
09:00-09:20	ISPASS 9:00-9:50				
09:30-09:50					
10:00-10:20	MELLANMÅL	ISPASS 10:00-10:50			
10:30-10:50					
11:00-11:20	ISPASS 11:00-11:50	MELLANMÅL	FYS 11:00-11:50		
11:30-11:50					
12:00-12:20	LUNCH	ISPASS 12:00-12:50	MELLANMÅL	FYS 12:00-12:50	
12:30-12:50					
13:00-13:20	LaserZone 13:00-13:50	LUNCH	ISPASS 13:00-13:50	MELLANMÅL	FYS 13:00-13:50
13:30-13:50					
14:00-14:20		LaserZone 14:00-14:50	LUNCH	ISPASS 14:00-14:50	MELLANMÅL
14:30-14:50			Genomgång B-ungd. spelidé 14:30-15:20	LUNCH	
15:00-15:20					ISPASS 15:00-15:50
15:30-15:50					
16:00-16:20				Genomgång A-ungd. spelidé 16:00-16:50	LUNCH
16:30-16:50			ISPASS 16:00-17:20		
17:00-17:20					
17:30-17:50					Genomgång Juniorer spelidé 17:30-18:20
18:00-18:20				ISPASS 17:30-18:50	
18:30-18:50					
19:00-19:20					
19:30-19:50					ISPASS 19:00-20:20
20:00-20:20					
20:30-21:50					

SÖNDAG 11 AUGUSTI					
TID	D-UNGDOM	C-UNGDOM	B-UNGDOM	A-UNGDOM	JUNIORER
08:00-08:20	MV 8:00-8:50	MV 8:00-8:50	MV 8:00-8:50	MV 8:00-8:50	MV 8:00-8:50
08:30-08:50					
09:00-09:20	ISPASS 9:00-9:50				
09:30-09:50					
10:00-10:20		ISPASS 10:00-10:50			
10:30-10:50	MELLANMÅL		FYS 10:30-11:20 Lerums Padel		
11:00-11:20	ISPASS 11:00-11:50	LUNCH			
11:30-11:50				FYS 11:30-12:20 Lerums Padel	
12:00-12:20	LUNCH	ISPASS 12:00-12:50	MELLANMÅL		
12:30-12:50					FYS 12:30-13:20 Lerums Padel
13:00-13:20	FYS 13:00-13:50		ISPASS 13:00-14:20		
13:30-13:50				MELLANMÅL	
14:00-14:20		FYS 14:00-14:50			LUNCH
14:30-14:50					
15:00-15:20			LUNCH	ISPASS 14:30-15:50	TEORI 15:00-15:50
15:30-15:50	Avslut med glass				
16:00-16:20			TEORI 16:00-16:50	LUNCH	ISPASS 16:00-17:20
16:30-16:50					
17:00-17:20				TEORI 17:00-17:50	
17:30-17:50			ISPASS 17:30-18:20		
18:00-18:20					MELLANMÅL
18:30-18:50					
19:00-19:20				ISPASS 18:30-19:20	
19:30-19:50					ISPASS 19:30-20:20
20:00-20:20					
20:30-21:50					



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