

Träningsider Balders Vecka 12-13 2017

Tider	måndag		tisdag		onsdag		torsdag		fredag		lördag		söndag		Tider												
	Plan 1	Plan 2	Plan 1	Plan 2	Plan 1	Plan 2	Plan 1	Plan 2	Plan 1	Plan 2	Plan 1	Plan 2	Plan 1	Plan 2													
09:00-10:00															09:00-10:00												
10:00-11:00																										10:00-11:00	
11:00-12:00																											11:00-12:00
12:00-13:00																											12:00-13:00
13:00-14:00																											13:00-14:00
14:00-15:00																											14:00-15:00
15:00-15:30																											15:00-15:30
15:30-16:00															15:30-16:00												
16:00-16:30															16:00-16:30												
16:30-17:00															16:30-17:00												
17:00-17:30	P03	P04			P06	P06		F07	P06	P06				F05	F05	17:00-17:30											
17:30-18:00	P03	P04			P06	P06		F07	P06	P06				F05	F05	17:30-18:00											
18:00-18:30				P05	F07			P03	F03					P05	P05	18:00-18:30											
18:30-19:00				P05	F07			P03	F03					P05	P05	18:30-19:00											
19:00-19:30														P05	P05	19:00-19:30											
19:30-20:00																19:30-20:00											
20:00-20:30		Dam														20:00-20:30											
20:30-21:00		Dam														20:30-21:00											

Vecka 13 (29/3)
damträningen avboka

Söndagen avbokad 2/4