

# Schema träningar HT22

## Måndag

|             | Bana 11                | Bana 12               | Bana 13          | Bana 14           | Bana 15         | Bana 16          | Bana 7 | Bana 8 | Bana 9 | Bana 10 | Bana 2                 | Bana 3 | Bana 4        | Bana 5        | Bana 6 |
|-------------|------------------------|-----------------------|------------------|-------------------|-----------------|------------------|--------|--------|--------|---------|------------------------|--------|---------------|---------------|--------|
| 13:30-14:00 |                        |                       |                  |                   |                 |                  |        |        |        |         |                        |        |               |               |        |
| 14:00-14:30 |                        |                       |                  |                   |                 |                  |        |        |        |         |                        |        |               |               |        |
| 14:30-15:00 |                        |                       |                  |                   |                 |                  |        |        |        |         |                        |        |               |               |        |
| 15:00-15:30 |                        |                       |                  |                   |                 |                  |        |        |        |         |                        |        |               |               |        |
| 15:30-16:00 |                        |                       |                  |                   |                 |                  |        |        |        |         |                        |        |               |               |        |
| 16:00-16:30 |                        |                       |                  |                   |                 |                  |        |        |        |         |                        |        |               |               |        |
| 16:30-17:00 | Utmanare Junior Herr 1 |                       |                  |                   |                 |                  |        |        |        |         |                        |        |               |               |        |
| 17:00-17:30 | Rebecka Dahlgren       | Junior Mixed Grå      | Junior Mixed Blå | Junior Mixed Rosa | Kidsvolley Grön | Kidsvolley Grön  |        |        |        |         |                        |        |               |               |        |
| 17:30-18:00 |                        | Heidrun Snorraddottir | Nicole Tiourine  | Esther Scherman   | Ebba Olofsson   | Oliver Mårdbrink |        |        |        |         |                        |        |               |               |        |
| 18:00-18:30 | Dam Serie 3            | Dam Serie 3           | Dam Serie 3      | Dam Serie 2       | Dam Serie 2     | Dam Serie 2      |        |        |        |         | Elitserie Dam          |        | Elitserie Dam | Elitserie Dam |        |
| 18:30-19:00 |                        |                       |                  |                   |                 |                  |        |        |        |         | Rasmus Boström         |        |               |               |        |
| 19:00-19:30 | Dam Serie 1            | Dam Serie 1           | Dam Serie 1      | Dam Serie 4B      | Dam Serie 4B    | Dam Serie 4B     |        |        |        |         | Rasmus Boström         |        |               |               |        |
| 19:30-20:00 |                        |                       |                  |                   |                 |                  |        |        |        |         | Dam Serie 5A - Träning |        |               |               |        |
| 20:00-20:30 |                        |                       |                  |                   |                 |                  |        |        |        |         | Dam Serie 5B - Träning |        |               |               |        |
| 20:30-21:00 |                        |                       |                  |                   |                 |                  |        |        |        |         | Rasmus Boström         |        |               |               |        |
| 21:00-21:30 | Dam Serie 5B           | Dam Serie 5B          | Dam Serie 5B     | Dam Serie 4A      | Dam Serie 4A    | Dam Serie 4A     |        |        |        |         |                        |        |               |               |        |
| 21:30-22:00 |                        |                       |                  |                   |                 |                  |        |        |        |         |                        |        |               |               |        |
| 22:00-22:30 |                        |                       |                  |                   |                 |                  |        |        |        |         |                        |        |               |               |        |

## Tisdag

| tid bana    | Bana 11       | Bana 12          | Bana 13         | Bana 14        | Bana 15        | Bana 16          | Bana 7        | Bana 8         | Bana 9        | Bana 10             | Bana 2                  | Bana 3 | Bana 4         | Bana 5         | Bana 6 |
|-------------|---------------|------------------|-----------------|----------------|----------------|------------------|---------------|----------------|---------------|---------------------|-------------------------|--------|----------------|----------------|--------|
| 15:30-16:00 |               |                  |                 |                |                |                  |               |                |               |                     |                         |        |                |                |        |
| 16:00-16:30 | WT Dam        |                  |                 |                |                |                  |               |                |               |                     |                         |        |                |                |        |
| 16:30-17:00 | Elvir Rakovic | Flickor Blå      | Flickor Orange  | Flickor Gul    | Flickor Turkos | Flickor Röd      | Pojkar Solgul |                | Pojkar Brun   | Utmanare Junior Dam |                         |        |                |                |        |
| 17:00-17:30 |               | Valdemar Orrbeck | Vincent Nordahl | Lennart Flämig | Ebba Olofsson  | Theodor Sigström | Bjarne Flämig | Linus Olofsson | Hugo Dahlgren |                     |                         |        |                |                |        |
| 17:30-18:00 |               |                  |                 |                |                |                  |               |                |               |                     |                         |        |                |                |        |
| 18:00-18:30 | Herr Serie 3  | Herr Serie 3     | Herr Serie 3    | Herr Serie 2   | Herr Serie 2   | Herr Serie 2     |               |                |               |                     | Elitserie Herr          |        | Elitserie Herr | Elitserie Herr |        |
| 18:30-19:00 |               |                  |                 |                |                |                  |               |                |               |                     | Herr Serie 5A - Träning |        |                |                |        |
| 19:00-19:30 | Herr Serie 1  | Herr Serie 1     | Herr Serie 1    | Herr Serie 4B  | Herr Serie 4B  | Herr Serie 4B    |               |                |               |                     | Elin Westin             |        |                |                |        |
| 19:30-20:00 |               |                  |                 |                |                |                  |               |                |               |                     | Herr Serie 5B - Träning |        |                |                |        |
| 20:00-20:30 |               |                  |                 |                |                |                  |               |                |               |                     | Emil Sjölund            |        |                |                |        |
| 20:30-21:00 |               |                  |                 |                |                |                  |               |                |               |                     | Herr Serie 5A           |        | Herr Serie 5A  | Herr Serie 5A  |        |
| 21:00-21:30 | Herr Serie 5B | Herr Serie 5B    | Herr Serie 5B   | Herr Serie 4A  | Herr Serie 4A  | Herr Serie 4A    |               |                |               |                     |                         |        |                |                |        |
| 21:30-22:00 |               |                  |                 |                |                |                  |               |                |               |                     |                         |        |                |                |        |
| 22:00-22:30 |               |                  |                 |                |                |                  |               |                |               |                     |                         |        |                |                |        |

## Onsdag

| tid bana    | Bana 11                | Bana 12                | Bana 13               | Bana 14                | Bana 15               | Bana 16           | Bana 7 | Bana 8 | Bana 9 | Bana 10 | Bana 1          | Bana 2 |  |
|-------------|------------------------|------------------------|-----------------------|------------------------|-----------------------|-------------------|--------|--------|--------|---------|-----------------|--------|--|
| 09:00-09:30 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 09:30-10:00 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 10:00-10:30 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 10:30-11:00 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 11:00-11:30 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 11:30-12:00 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 12:00-12:30 |                        |                        |                       |                        |                       |                   |        |        |        |         | Beachvolley 65+ |        |  |
| 12:30-13:00 |                        |                        |                       |                        |                       |                   |        |        |        |         | Max Callenberg  |        |  |
| 13:00-13:30 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 15:00-15:30 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 15:30-16:00 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 16:00-16:30 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 16:30-17:00 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 17:00-17:30 |                        |                        | Junior Mixed Svart    |                        | Junior Mixed Orange   | Junior Mixed Lila |        |        |        |         |                 |        |  |
| 17:30-18:00 |                        |                        | Heidrun Snorraddottir |                        | Tyra Rask             | Meja Ottosson     |        |        |        |         |                 |        |  |
| 17:30-18:00 | Elit Herr              | Elit Herr              | Elit Dam              |                        |                       |                   |        |        |        |         |                 |        |  |
| 18:00-18:30 | Elvir Rakovic          | Elvir Rakovic          | Talar Kirkor          |                        |                       |                   |        |        |        |         |                 |        |  |
| 18:30-19:00 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 19:00-19:30 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 19:30-20:00 | Utmanare Senior Herr 1 | Utmanare Senior Herr 2 | Utmanare Senior Dam 1 | Utmanare Junior Herr 1 | Utmanare Junior Dam 1 |                   |        |        |        |         |                 |        |  |
| 20:00-20:30 | Alexander Annerstedt   | Carl Petersson         | Rasmus Boström        | Rebecka Dahlgren       | Hugo Dahlgren         |                   |        |        |        |         |                 |        |  |
| 20:30-21:00 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 21:00-21:30 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 21:30-22:00 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |
| 22:00-22:30 |                        |                        |                       |                        |                       |                   |        |        |        |         |                 |        |  |

