# Schema träningar Sommar 2024, v. 29-34

***OBS! Detta schema gäller endast för v. 29-34!***

* **Träningsperiod: 15/7- 22/8 ( v. 29-34)**
* **Träningsuppehåll: 29/7 - 4/8 (v. 31)**

## Måndag

| tid / bana | Bana 22 | Bana 23 | Bana 24 | Bana 25 | Bana 26 | Bana 27 | Bana 28 |
|---|---|---|---|---|---|---|---|
| 15.00-15.30 | | | | | | | |
| 15.30-16.00 | | | | Elit Herr<br>**Elvir Rakovic** | | | |
| 16.00-16.30 | | | | | | | |
| 16.30-17.00 | | | | | Utmanare Junior Dam 1<br>**Klaus** | Utmanare Junior Dam 2<br>**Josias** | |
| 17.00-17.30 | | | | | | | |
| 17.30-18.00 | | | | | | | |
| 18.00-18.30 | | | Nybörjare Mixed Blå<br>**Heidrun Snorradottir** | Utmanare Senior Herr 1<br>**Klaus** | Utmanare Senior Herr 2<br>**Elin Westin** | Måndag Mixed<br>**Josias** | Måndag Mixed<br>**Rasmus Boström** |
| 18.30-19.00 | | | | | | | |
| 19.00-19.30 | | | | | | | |
| 19.30-20.00 | | | | | Utmanare Junior Herr 1<br>**Rasmus Boström** | Måndag Mixed<br>**Josias** | Måndag Mixed<br>**Klaus** |
| 20.00-20.30 | | | | | | | |
| 20.30-21.00 | | | | | | | |

## Tisdag

| tid / bana | Bana 22 | Bana 23 | Bana 24 | Bana 25 | Bana 26 | Bana 27 | Bana 28 |
|---|---|---|---|---|---|---|---|
| 12.30-13.00 | | | | | | | |
| 13.00-13.30 | | | | Elit Junior Herr<br>**Elvir Rakovic** | Elit Junior Herr<br>**Elvir Rakovic** | | |
| 13.30-14.00 | | | | | | | |
| 14.00-14.30 | | | | | | | |
| 14.30-15.00 | | | | | | | |
| 15.00-15.30 | | | | | | | |
| 15.30-16.00 | | Elit Dam<br>**Elvir Rakovic** | Elit Dam<br>**Elvir Rakovic** | | | | |
| 16.00-16.30 | | | | | | | |
| 16.30-17.00 | | | | | | | |
| 17.00-17.30 | | | | Flickor Indigo | Flickor Svart | Pojkar Skogsgrön | Junior Mixed Grå |
| 17.30-18.00 | | | | **Josias** | **Rasmus Boström** | **Klaus** | **Elias Järnström** |
| 18.00-18.30 | | | Dam Grön | Dam Turkos | Dam Turkos | Herr Rosa | Herr Rosa |
| 18.30-19.00 | | | **Josias** | **Rasmus Boström** | **Rasmus Boström** | **Klaus** | **Klaus** |
| 19.00-19.30 | | | | *2 banor* | *2 banor* | *2 banor* | *2 banor* |
| 19.30-20.00 | | | Herr Orange | Dam Röd | Dam Röd | Herr Gul | Herr Gul |
| 20.00-20.30 | | | **Rasmus Boström** | **Josias** | **Josias** | **Klaus** | **Klaus** |
| 20.30-21.00 | | | | *2 banor* | *2 banor* | *2 banor* | *2 banor* |

# Schema träningar Sommar 2024, v. 29-34

***OBS! Detta schema gäller endast för v. 29-34!***

* **Träningsperiod: 15/7- 22/8 ( v. 29-34)**
* **Träningsuppehåll: 29/7 - 4/8 (v. 31)**

## Onsdag

| tid / bana | Bana 22 | Bana 23 | Bana 24 | Bana 25 | Bana 26 | Bana 27 | Bana 28 |
|---|---|---|---|---|---|---|---|
| 09.00-09.30 | | | | Elit Dam<br>**Elvir Rakovic** | Elit Dam<br>**Elvir Rakovic** | | |
| 09.30-10.00 | | | | | | | |
| 10.00-10.30 | | | | | | | |
| 10.30-11.00 | | | | | | | |
| 11.00-11.30 | | | | | | | |
| 11.30-12.00 | | | | | | | |
| 12.00-12.30 | | | | | | | |
| 12.30-13.00 | | | | | | | |
| 13.00-13.30 | | | | Elit Junior Herr<br>**Elvir Rakovic** | Elit Junior Herr<br>**Elvir Rakovic** | | |
| 13.30-14.00 | | | | | | | |
| 14.00-14.30 | | | | | | | |
| 14.30-15.00 | | | | | | | |
| 15.00-15.30 | | | | | | | |
| 15.30-16.00 | | | | Elit Herr<br>**Elvir Rakovic** | | | |
| 16.00-16.30 | | | | | | | |
| 16.30-17.00 | | | | | | | |
| 17.00-17.30 | | | | | | | |

## Torsdag

| tid / bana | Bana 22 | Bana 23 | Bana 24 | Bana 25 | Bana 26 | Bana 27 | Bana 28 |
|---|---|---|---|---|---|---|---|
| 09.30-10.00 | | | | Elit Junior Herr<br>**Elvir Rakovic** | Elit Junior Herr<br>**Elvir Rakovic** | | |
| 10.00-10.30 | | | | | | | |
| 10.30-11.00 | | | | | | | |
| 11.00-11.30 | | | | | | | |
| 16.30-17.00 | | | | | | | |
| 16.00-16.30 | | | | | | | |
| 16.30-17.00 | Flickor Ljusgrön | Flickor Orange | Pojkar Havsblå | Utmanare Junior Herr 1 | Utmanare Junior Dam 1 | Utmanare Junior Dam 2 | Junior Mixed Blå |
| 17.00-17.30 | **Carl Petersson** | **Tindra Ternström** | **Valdemar Orrbeck** | **Rasmus Boström** | **Klaus**<br>*Hulda 8/8* | **Josias** | **Oscar Cassel** |
| 17.30-18.00 | | | | | | | |
| 18.00-18.30 | | | | Herr Svart | Dam Grå | Dam Grå | Dam Oliv |
| 18.30-19.00 | | | | **Josias** | **Klaus**<br>*2 banor* | **Klaus**<br>*2 banor* | **Rasmus Boström** |
| 19.00-19.30 | | | | | | | |
| 19.30-20.00 | | | | Utmanare Herr 1 | Utmanare Herr 2 | Herr Beige | Herr Vinröd |
| 20.00-20.30 | | | | **Klaus** | **Elin Westin** | **Josias** | **Rasmus Boström** |
| 20.30-21.00 | | | | | | | |