

<b>Måndag 30/12</b>	<b>Ishall</b>	<b>Aktivitet</b>	<b>Grupp</b>
12.00-13.00	Tuve	Is	Programgenomgång system 2 samt A korta
13.00-14.00	Tuve	Is	Programgenomgång system 2
15.15-16.15	SLR	Is	JT+Axel
16.15-17.45	SLR	Is	Lutz+ Ögel, Flip
17.45-18.45	FB	Fys/teori	Lutz (+ Isobel), Flip
18.55-19.45	FB	Fys	Axel
20.00-21.30	FB	Is	Axel

<b>Tisdag 31/12</b>	<b>Ishall</b>	<b>Aktivitet</b>	<b>Grupp</b>
			<b>NYÅRSAFTON</b>
<b>onsdag 1/1</b>	<b>Ishall</b>	<b>Aktivitet</b>	<b>Grupp</b>
			<b>NYÅRSDAGEN</b>

<b>torsdag 2/1</b>	<b>Ishall</b>	<b>Aktivitet</b>	<b>Grupp</b>
16.00-17.00	RB	Is	Piruett, Treavals+ Ögel
17.00-18.00	RB	Is	Salchow+ Toeloop+ Euler
18.00-19.00	RB	Is	Flygskär, Chassé + flip
19.00-20.00	RB	Is	Axel + Lutz
20.00-21.00	RB	Is	Axel + Ellen + Nora + Leverans
21.00-21.30	RB	Is	Leverans (Till 21:30)

<b>fredag 3/1</b>	<b>Ishall</b>	<b>Aktivitet</b>	<b>Grupp</b>
9.00-10.00	Marconi	Is	Salchow+ Toeloop+ Euler
10.00-10.30	Marconi	Fys	Salchow+ Toeloop+ Euler
10.00-11.00	Marconi	STT	Axel+ Lutz+gäståkare/Patch
11.00-12.30	Marconi	Is	Axel+ Lutz+gäståkare/patch
12.30-14.00	Marconi	Is	Ögel+ Flip
14.00-14.30	Marconi	Fys/stretch	Ögel+ Flip

<b>lördagen 4/1</b>	<b>Ishall</b>	<b>Aktivitet</b>	<b>Grupp</b>
08.30-10.00	FB	Is	Axel
10.00-11.00	FB	Fys/stretch	Axel
11.30-12.00	SLR	Fys	Flygskär, Chassé+ Piruett, Treavals
12.15-13.15	SLR	Is	Flygskär, Chassé+ Piruett, Treavals
13.15-14.45	SLR	Is	Salchow+ Toeloop+ Euler
14.45-15.15	SLR	Fys	Salchow+ Toeloop+ Euler
15.15-16.00	Kviberg	STT	Flip + Ögel+ Lutz
16.00-17:30	Kviberg	Is	Flip + Ögel+ Lutz

<b>söndagen 5/1</b>	<b>Ishall</b>	<b>Aktivitet</b>	<b>Grupp</b>
09.00-11.00	FB	Is	JT
14.30-16.00	Valhalla	Is	Axel, Flip, Lutz+ Patch A+ system 2
16.00-16.30	Vallhalla	fys/stretch	Axel, Flip, Lutz+ Patch A+ system 2
17.00-17.30	SLR	Fys	Ögel+Euler+ Biellman
17.45-18.45	SLR	Is	Ögel, Euler, Biellman
18:00-18:30	SLR	STT	Salchow, Toeloop
18.45-19.45	SLR	Is	Salchow, Toeloop
18.30-20.30	FB	Is	Axel
20.30-21.00	FB	fys/stretch	Axel