

DAG 1 - MÅNDAG

MÅN	A1	A2	A3	A4	A5	A6	M1	M2	M3	L1	ANTAL	
07.00-07.45						IS		IS	IS		19	STEG
07.45-08.30					IS	8.00 MT	IS	8.00 MT	8.00 MT		13	STEG
Spolning												
08.40-09.25			IS	IS	9.00 MT		9.00 MT				13	STEG
09.25-10.10			9.40 MT	9.40 MT				IS	IS	IS	17	HOPP
Spolning												
10.20-11.05		IS									10	HOPP
11.05-11.50	IS					Lunch	Lunch	Lunch	Lunch	Lunch	9	STEG
Spolning												
12.00-12.45	12.00 MT	12.00 MT		Lunch	Lunch	IS	Lunch	IS			13	HOPP
12.45-13.30	Lunch	Lunch	Lunch		IS		IS				13	HOPP
Spolning												
13.40-14.25	FYS	FYS	IS	IS							13	HOPP
14.25-15.10		IS									10	HOPP
Spolning												
15.20-16.05	IS					FYS		FYS			8	HOPP
16.05-16.50				Middag	FYS	IS	FYS	Middag	IS	IS	18	HOPP
Spolning												
17.00-17.45	Middag	Middag	Middag		IS	Middag	IS		FYS	FYS	13	HOPP
17.45-18.30			IS	IS	Middag		Middag		Middag	Middag	13	HOPP
Spolning												
18.40-19.25	IS		FYS	FYS							8	HOPP
19.25-20.10		IS									11	STEG

DAG 2 - TISDAG

TIS	A1	A2	A3	A4	A5	A6	M1	M2	M3	L1	ANTAL	
07.00-07.45								IS	IS	IS	17	STEG
07.45-08.30					IS		IS				13	STEG
Spolning												
08.40-09.25			IS	IS							13	STEG
09.25-10.10						IS		IS	IS		19	HOPP
Spolning												
10.20-11.05	IS				10.00 DANS		10.00 DANS	FYS	FYS	FYS	8	HOPP
11.05-11.50		IS	11.00 DANS	11.00 DANS	Lunch		Lunch		Lunch	Lunch	11	HOPP
Spolning												
12.00-12.45	12.15 DANS	12.15 DANS	Lunch	Lunch		IS		IS			13	HOPP
12.45-13.30	Lunch	Lunch			IS	Lunch	IS	Lunch			13	HOPP
Spolning												
13.40-14.25			IS	IS		13.15 DANS		13.15 DANS	13.15 DANS	13.15 DANS	13	HOPP
14.25-15.10		IS	FYS	FYS	FYS						11	HOPP
Spolning												
15.20-16.05	IS					15.10 FYS	15.10 FYS				8	HOPP
16.05-16.50	FYS	FYS	Middag	Middag		IS		Middag	IS	IS	18	HOPP
Spolning												
17.00-17.45		Middag			IS		IS				13	HOPP
17.45-18.30	Middag		IS	IS							13	HOPP
Spolning												
18.40-19.25		IS									11	HOPP
19.25-20.10	IS										8	STEG

DAG 3 - ONSDAG advanced återhämtningsdag

ONS	A1	A2	A3	A4	A5	A6	M1	M2	M3	L1	ANTAL	
07.00-07.45									IS	IS	11	HOPP
07.45-08.30							IS	IS			12	HOPP
Spolning												
08.40-09.25						IS					7	HOPP
09.25-10.10					9.00 DANS	IS	9.00 DANS				7	KOREO
10.10-10.55			10.00 DANS	10.00 DANS					IS	IS	11	HOPP
Spolning												
11.05-11.50	11.00 DANS	11.00 DANS	Lunch	Lunch	11.00 MT	11.00 MT	IS	IS	Lunch	Lunch	12	HOPP
12.00-12.45			12.00 MT	12.00 MT		Lunch	Lunch	Lunch			0	PRIVAT
Spolning												
12.55-13.40	IS				Lunch	13.00 DANS		13.00 DANS	13.00 DANS	13.00 DANS	8	HOPP
13.40-14.25	IS										8	KOREO
Spolning												
14.25-15.10					IS						8	HOPP
15.10-15.55	15.00 MT	15.00 MT			IS						8	KOREO
15.55-16.40	Middag		Middag	Middag			IS	IS	IS	Middag	18	STEG
Spolning												
16.50-16.35		Middag	IS	IS	Middag	Middag	Middag	Middag			13	HOPP
17.35-18.20			IS	IS							13	KOREO
Spolning												
18.30-19.15		IS									11	HOPP
19.15-20.00		IS									11	KOREO

DAG 4 - TORSDAG medium återhämningsdag

ONS	A1	A2	A3	A4	A5	A6	M1	M2	M3	L1	ANTAL		
07.00-07.45					IS	IS					14	STEG	
07.45-08.30			IS	IS							13	STEG	
Spolning													
08.40-09.25		IS									11	STEG	
09.25-10.10	IS								9.00 MT	9.00 MT	8	STEG	
Spolning													
10.20-11.05					IS	IS	10.00 MT	10.00 MT			14	HOPP	
11.05-11.50			IS	IS					Lunch	Lunch	13	HOPP	
Spolning													
12.00-12.45		IS	Lunch	lunch		12.00 DANS		12.00 DANS	12.00 DANS	11.00 DANS	11	HOPP	
Spolning													
12.55-13.40	IS						Lunch	Lunch	Lunch		8	HOPP	
13.40-14.25	Lunch	Lunch			13.30 DANS		13.30 DANS		IS	IS	11	HOPP	
14.25-15.10									IS	IS	11	KOREO	
Spolning													
15.20-16.05			15.00 DANS	15.00 DANS			Middag	IS	IS	Middag	Middag	12	HOPP
16.05-16.50	16.00 DANS	16.00 DANS	Middag	Middag				IS	IS			12	KOREO
Spolning													
17.00-17.45	Middag	Middag			IS	IS					14	HOPP	
17.45-18.30			IS	IS							13	HOPP	
Spolning													
18.40-19.25	IS										11	HOPP	
19.25-20.10		IS									8	HOPP	

DAG 5 - FREDAG

TIS	A1	A2	A3	A4	A5	A6	M1	M2	M3	L1	ANTAL	
07.00-07.45								IS	IS	IS	17	HOPP
07.45-08.30					IS		IS				13	STEG
Spolning												
08.40-09.25			IS	IS							13	STEG
09.25-10.10						IS		IS	IS		19	STEG
Spolning												
10.20-11.05		IS									11	HOPP
11.05-11.50	IS				Lunch		Lunch		Lunch	Lunch	8	STEG
Spolning												
12.00-12.45		Lunch	Lunch	Lunch		IS		IS			13	HOPP
12.45-13.30	Lunch				IS	Lunch	IS	Lunch			13	HOPP
Spolning												
13.40-14.25	FYS	FYS	IS	IS							13	HOPP
14.25-15.10		IS				FYS	FYS	FYS	FYS	FYS	11	HOPP
Spolning												
15.20-16.05	IS				Middag				Middag	Middag	8	HOPP
16.05-16.50			Mkiddag	Middag		IS	Middag	Middag	IS	IS	18	HOPP
Spolning												
17.00-17.45	Middag	Middag			IS	Middag	IS				15	HOPP
17.45-18.30			IS	IS							13	HOPP
Spolning												
18.40-19.25	IS		FYS	FYS	FYS						8	HOPP
19.25-20.10		IS									11	STEG

DAG 6 - LÖRDAG

TIS	A1	A2	A3	A4	A5	A6	M1	M2	M3	L1	ANTAL	
07.00-07.45						IS		IS	IS		18	HOPP
07.45-08.30					IS		IS			IS	19	HOPP
Spolning												
08.40-09.25			IS	IS		FYS	FYS	FYS	FYS	FYS	13	HOPP
09.25-10.10		IS	FYS	FYS	FYS						11	HOPP
Spolning												
10.20-11.05	IS				Lunch		Lunch	Lunch			8	HOPP
11.05-11.50	FYS	FYS	Lunch	Lunch		IS		IS	IS	Lunch	19	HOPP
Spolning												
12.00-12.45	Lunch	Lunch			IS	Lunch	IS		Lunch	IS	18	HOPP
12.45-13.30			IS	IS							13	HOPP
Spolning												
13.40-14.25		IS									11	HOPP
14.25-15.10	IS										8	HOPP
Spolning												
15.20	TEST	TEST	TEST	TEST	TEST	TEST	TEST	TEST	TEST	TEST		