

DAG 1 - LÖRDAG

LÖR	A1	A2	A3	A4	A5	M1	M2	L1	ANTAL	
11.00-11.40						Lunch	Lunch	Lunch		
12.00-12.45				Lunch	Lunch	IS	IS	IS	14	STEG
12.45-13.30	Lunch	Lunch	Lunch	IS	IS	FYS	FYS	FYS	17	STEG
Spolning										
13.40-14.20			IS	FYS	FYS				9	STEG
Spolning										
14.30-15.15	IS	IS	FYS						15	STEG
Spolning										
15.25-16.10	FYS	FYS				IS	IS	IS	14	HOPP
16.10-16.55					IS	Middag	Middag	Middag	9	HOPP
Spolning										
17.05-17.50	Middag	Middag	Middag	IS	17.30 info	17.30 info	17.30 info	17.30 info	8	HOPP
17.50-18.25	30 MIN MT	30 MIN MT	IS	Middag	Middag				9	HOPP
Spolning										
18.35-19.20		IS				30 MIN MT	30 MIN MT		8	HOPP
19.20-20.05	IS		30 MIN MT	30 MIN MT	30 MIN MT				7	HOPP
	21.00 info	21.00 info	21.00 info	21.00 info						

DAG 2 - SÖNDAG

SÖN	A1	A2	A3	A4	A5	M1	M2	L1	ANTAL	
07.00-07.45						IS	IS		9	STEG
07.45-08.30				IS	IS				17	STEG
Spolning										
08.40-09.25			IS						9	HOPP
09.25-10.10						IS	IS	IS	14	HOPP
Spolning										
10.20-11.05	IS								7	HOPP
11.05-11.50		IS		11.30 DANS	11.30 DANS	Lunch	Lunch	Lunch	8	HOPP
Spolning										
12.00-12.45			Lunch	Lunch	Lunch	IS	IS	IS	14	HOPP
12.45-13.30	12.30 DANS	12.30 DANS	12.30 DANS	IS					8	HOPP
Spolning										
13.40-14.20	Lunch	Lunch			IS	13.30 DANS	13.30 DANS	13.30 DANS	9	HOPP
Spolning										
14.30-15.15			IS	FYS	FYS	Fys,K,S			9	HOPP
Spolning										
15.25-16.10	IS					Middag	Middag	Middag	7	HOPP
16.10-16.55		IS		Middag	Middag	FYS	FYS	FYS	8	HOPP
Spolning										
17.05-17.50	FYS	FYS	FYS		IS				9	HOPP
17.50-18.25	Middag	Middag	Middag	IS					8	HOPP
Spolning										
18.35-19.20		IS	IS						17	STEG
19.20-20.05	IS								7	STEG

DAG 3 - MÅNDAG advanced återhämningsdag

MÅN	A1	A2	A3	A4	A5	M1	M2	L1	ANTAL	
07.00-07.45							IS	IS	8	STEG
07.45-08.30						IS			6	STEG
Spolning										
08.40-09.25									0	PRIVAT
09.25-10.10				09.30 DANS	09.30 DANS		IS	IS	8	HOPP
Spolning										
10.20-11.05						IS			6	HOPP
11.05-11.50			Lunch	IS	Lunch		Lunch	Lunch	8	HOPP
11.50-12.35	12.00 DANS	12.00 DANS	12.00 DANS	IS	IS				17	KOREO
12.35-13.20	Lunch	Lunch		Lunch	IS	13.00 DANS	13.00 DANS	13.00 DANS	9	HOPP
Spolning										
13.30-14.15			IS						9	Hopp
14.15-15.00			IS						9	Koreo
Spolning										
15.10-15.55						IS	IS		9	HOPP
15.55-16.40		IS				Middag	Middag	middag	8	HOPP
16.40-17.25	Middag	IS	Hillevi privat	Middag	Middag				8	KOREO
Spolning										
17.35-18.20	IS	Middag	Middag					Wilma privat	7	KOREO
18.20-19.05	IS			18.30 MT	18.30 MT				7	HOPP
19.30-20.30	20.00 MT	20.00 MT	20.00 MT						0	PRIVAT

DAG 4 - TISDAG medium återhämtningsdag

TIS	A1	A2	A3	A4	A5	M1	M2	L1	ANTAL	
07.00-07.45				IS	IS				17	STEG
07.45-08.30			IS						9	STEG
Spolning										
08.40-09.25						IS	IS	IS	14	HOPP
09.25-10.10						IS	IS	IS	14	KOREO
Spolning										
10.20-11.05		IS							8	HOPP
11.05-11.50	IS					Lunch	Lunch	Lunch	7	STEG
Spolning										
12.00-12.45		Lunch	Lunch		IS		12.00 MT	12.00 MT	9	HOPP
12.45-13.30	Lunch		IS	Lunch	Lunch	13.00 MT			9	HOPP
Spolning										
13.40-14.25		IS		13.30 DANS	13.30 DANS				8	HOPP
14.25-15.10	IS					14.30 DANS	14.30 DANS	14.30 DANS	7	HOPP
Spolning										
15.20-16.05	15.30 DANS	15.30 DANS	15.30 DANS	IS					8	HOPP
16.05-16.50					IS	Middag	Middag	Middag	9	HOPP
Spolning										
17.00-17.45			IS	Middag	Middag				9	HOPP
17.45-18.30	Middag	Middag	Middag	IS					8	HOPP
Spolning										
18.40-19.25	IS								7	HOPP
19.25-20.10		IS							8	STEG

DAG 5 - ONSDAG

ONS	A1	A2	A3	A4	A5	M1	M2	L1	ANTAL	
07.00-07.45						IS	IS		9	STEG
07.45-08.30				IS	IS				17	STEG
Spolning										
08.40-09.25			IS						9	STEG
09.25-10.10						IS	IS	IS	14	HOPP
Spolning										
10.20-11.05		IS	FYS	FYS	FYS				8	STEG
11.05-11.50	IS					Lunch	Lunch	lunch	7	STEG
Spolning										
12.00-12.45				Lunch	Lunch	IS	IS	IS	14	HOPP
12.45-13.30	Lunch	Lunch	Lunch		IS	FYS	FYS	FYS	9	HOPP
Spolning										
13.40-14.25				IS					8	HOPP
14.25-15.10		IS							8	HOPP
Spolning										
15.20-16.05	IS					Middag	Middag	Middag	7	HOPP
16.05-16.50	Middag		IS	Middag	IS				18	HOPP
Spolning										
17.00-17.45		Middag	Middag	IS	Middag				8	HOPP
17.45-18.30	FYS	FYS	IS						9	HOPP
Spolning										
18.40-19.25		IS							8	HOPP
19.25-20.10	IS								7	HOPP

DAG 6 - TORSDAG

TORS	A1	A2	A3	A4	A5	M1	M2	L1	ANTAL	
07.00-07.45						IS	IS	IS	14	STEG
07.45-08.30				IS	IS				17	STEG
Spolning										
08.40-09.25			IS						9	STEG
09.25-10.10						IS	IS	IS	14	HOPP
Spolning										
10.20-11.05	IS	IS							15	STEG
11.05-11.50	FYS	FYS	FYS	Lunch	Lunch	IS	IS		9	HOPP
Spolning										
12.00-12.45					IS	Lunch	Lunch	Lunch	9	HOPP
12.45-13.30	Lunch	Lunch	Lunch	IS		FYS	FYS	FYS	8	HOPP
Spolning										
13.40-14.20			IS	FYS	FYS				9	HOPP
14.20-15.05		IS							8	HOPP
Spolning										
15.15-16.00	IS				Middag	Middag	Middag	Middag	7	HOPP
16.00-16.45			Middag	Middag	IS				9	HOPP
Spolning										
16.55-17.40	Middag	Middag	IS	IS					17	HOPP
17.40-18.25	IS	IS							15	HOPP