

DAG 1 - MÅNDAG

| MÅN | A1 | A2 | A3 | A4 | A5 | M1 | L1 | V1 | ANTAL | |
|-------------|-----------|-----------|-----------|-----------|-----------|-----------|-------|-------|-------|------|
| 07.00-07.45 | | | | | IS | IS | IS | | 19 | STEG |
| 07.45-08.30 | | | | IS | 30 MIN MT | 30 MIN MT | | | 10 | STEG |
| Spolning | | | | | | | | | | |
| 08.40-09.25 | | | IS | | | | | | 9 | STEG |
| 09.25-10.10 | | IS | 30 MIN MT | 30 MIN MT | | | | | 11 | STEG |
| Spolning | | | | | | | | | | |
| 10.20-11.05 | IS | | | | | | | | 8 | STEG |
| 11.05-11.50 | 30 MIN MT | 30 MIN MT | | Lunch | | IS | IS | IS | 14 | HOPP |
| Spolning | | | | | | | | | | |
| 12.00-12.45 | | | Lunch | | IS | Lunch | Lunch | Lunch | 9 | HOPP |
| 12.45-13.30 | Lunch | Lunch | | IS | Lunch | | | | 10 | HOPP |
| Spolning | | | | | | | | | | |
| 13.40-14.25 | | | IS | | | | | | 9 | HOPP |
| 14.25-15.10 | | IS | FYS | FYS | | | | | 11 | HOPP |
| Spolning | | | | | | | | | | |
| 15.20-16.05 | IS | | | | FYS | | | FYS | 8 | HOPP |
| 16.05-16.50 | FYS | FYS | | | IS | IS | | | 16 | HOPP |
| Spolning | | | | | | | | | | |
| 17.00-17.45 | | | | IS | | FYS | FYS | IS | 14 | HOPP |
| 17.45-18.30 | | | IS | | | Middag | | | 9 | HOPP |
| Spolning | | | | | | | | | | |
| 18.40-19.25 | | IS | | | | | | | 11 | HOPP |
| 19.25-20.10 | IS | | | | | | | | 8 | STEG |

DAG 2 - TISDAG

| TIS | A1 | A2 | A3 | A4 | A5 | M1 | L1 | V1 | ANTAL | |
|-------------|------------|------------|------------|------------|------------|------------|------------|------------|-------|------|
| 07.00-07.45 | | | | | IS | IS | | | 16 | STEG |
| 07.45-08.30 | | | | IS | | | | IS | 14 | STEG |
| Spolning | | | | | | | | | | |
| 08.40-09.25 | | | IS | | | | | | 9 | STEG |
| 09.25-10.10 | | | | | IS | IS | IS | | 19 | HOPP |
| Spolning | | | | | | | | | | |
| 10.20-11.05 | | IS | 10.00 DANS | 10.00 DANS | | | | | 10 | HOPP |
| 11.05-11.50 | IS | | | | 11.00 DANS | Lunch | Lunch | 11.00 DANS | 8 | STEG |
| Spolning | | | | | | | | | | |
| 12.00-12.45 | 12.00 DANS | 12.00 DANS | Lunch | IS | Lunch | | | Lunch | 10 | HOPP |
| 12.45-13.30 | Lunch | Lunch | IS | | | | | | 9 | HOPP |
| Spolning | | | | | | | | | | |
| 13.40-14.25 | | IS | | | | 14.00 DANS | 14.00 DANS | | 10 | HOPP |
| 14.25-15.10 | IS | | FYS | FYS | FYS | | | | 8 | HOPP |
| Spolning | | | | | | | | | | |
| 15.20-16.05 | FYS | FYS | | | | IS | IS | IS | 14 | HOPP |
| 16.05-16.50 | | | Middag | Middag | IS | FYS | FYS | | 9 | HOPP |
| Spolning | | | | | | | | | | |
| 17.00-17.45 | Middag | | | IS | Middag | Middag | Middag | | 10 | HOPP |
| 17.45-18.30 | | Middag | IS | | | | | Middag | 9 | HOPP |
| Spolning | | | | | | | | | | |
| 18.40-19.25 | IS | | | | | | | | 8 | HOPP |
| 19.25-20.10 | | IS | | | | | | | 10 | STEG |

DAG 3 - ONSDAG advanced återhämtningsdag

| ONS | A1 | A2 | A3 | A4 | A5 | M1 | L1 | V1 | ANTAL | |
|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|------------|-------|--------|
| 07.00-07.45 | | | | | | IS | IS | IS | 14 | STEG |
| 07.45-08.30 | | | | | | | | | 0 | PRIVAT |
| Spolning | | | | | | | | | | |
| 08.40-09.25 | | | 8.30 DANS | 8.30 DANS | IS | | | | 9 | HOPP |
| 09.25-10.10 | 9.30 DANS | 9.30 DANS | | | IS | | | | 9 | KOREO |
| Spolning | | | | | | | | | | |
| 10.20-11.05 | | | | IS | | 10.30 DANS | 10.30 DANS | | 10 | HOPP |
| 11.05-11.50 | | | Lunch | IS | 11.30 DANS | Lunch | Lunch | 11.30 DANS | 10 | KOREO |
| Spolning | | | | | | | | | | |
| 12.00-12.45 | 12.00 MT | 12.00 MT | | Lunch | Lunch | IS | | Lunch | 7 | HOPP |
| 12.45-13.30 | Lunch | Lunch | 13.00 MT | 13.00 MT | | | IS | IS | 7 | HOPP |
| Spolning | | | | | | | | | | |
| 13.40-14.25 | | | IS | | 14.00 MT | | | | 9 | HOPP |
| 14.25-15.10 | | | IS | | | | | | 9 | KOREO |
| 15.10-15.55 | | | | | | IS | | | 7 | HOPP |
| Spolning | | | | | | | | | | |
| 16.05-16.50 | IS | Middag | | | | Middag | Middag | Middag | 8 | HOPP |
| 16.50-17.35 | IS | | Middag | Middag | Middag | | | | 8 | KOREO |
| Spolning | | | | | | | | | | |
| 17.45-18.30 | Middag | IS | | | | | | | 11 | HOPP |
| 18.30-19.15 | | IS | | | | | | | 11 | KOREO |
| 19.15-20.00 | | | | | | | | | | PRIVAT |

DAG 4 - TORSDAG medium återhämtningsdag

| TORS | A1 | A2 | A3 | A4 | A5 | M1 | L1 | V1 | ANTAL | |
|-------------|------------|------------|------------|------------|------------|------------|------------|------------|-------|-------|
| 07.00-07.45 | | | | IS | IS | | | | 19 | STEG |
| 07.45-08.30 | | | IS | | | | | | 9 | STEG |
| Spolning | | | | | | | | | | |
| 08.40-09.25 | | IS | | | | | | | 10 | HOPP |
| 09.25-10.10 | IS | | | | | | | | 8 | STEG |
| Spolning | | | | | | | | | | |
| 10.20-11.05 | | | 10.00 DANS | 10.00 DANS | | IS | IS | IS | 14 | HOPP |
| 11.05-11.50 | 11.00 DANS | 11.00 DANS | Lunch | | Lunch | IS | | | 7 | KOREO |
| Spolning | | | | | | | | | | |
| 12.00-12.45 | Lunch | Lunch | | Lunch | IS | | | Lunch | 9 | HOPP |
| 12.45-13.30 | | | | IS | | 12.30 DANS | 12.30 DANS | | 10 | Hopp |
| Spolning | | | | | | | | | | |
| 13.40-14.25 | | | IS | | 13.30 DANS | Lunch | Lunch | 13.30 DANS | 9 | HOPP |
| 14.25-15.10 | | IS | | | | | | | 10 | HOPP |
| Spolning | | | | | | | | | | |
| 15.20-16.05 | IS | | | | | 14.45 MT | 14.45 MT | | 8 | HOPP |
| 16.05-16.50 | | | 15.45 MT | | IS | | IS | Middag | 12 | HOPP |
| Spolning | | | | | | | | | | |
| 17.00-17.45 | Middag | Middag | | IS | Middag | | | IS | 10 | HOPP |
| 17.45-18.30 | | | IS | Middag | | Middag | Middag | | 9 | HOPP |
| Spolning | | | | | | | | | | |
| 18.40-19.25 | IS | | | | | | | | 8 | HOPP |
| 19.25-20.10 | | IS | | | | | | | 10 | STEG |

DAG 5 - FREDAG

| FRE | A1 | A2 | A3 | A4 | A5 | M1 | L1 | V1 | ANTA | |
|-------------|--------|--------|--------|--------|--------|--------|-------|--------|------|------|
| 07.00-07.45 | | | | | IS | IS | IS | | 19 | STEG |
| 07.45-08.30 | | | | IS | | | | IS | 14 | STEG |
| Spolning | | | | | | | | | | |
| 08.40-09.25 | | | IS | | | | | | 9 | STEG |
| 09.25-10.10 | | IS | | | | | | | 10 | STEG |
| Spolning | | | | | | | | | | |
| 10.20-11.05 | IS | | | | | | | | 8 | HOPP |
| 11.05-11.50 | | | Lunch | Lunch | Lunch | IS | IS | IS | 14 | HOPP |
| Spolning | | | | | | | | | | |
| 12.00-12.45 | | | | | IS | Lunch | Lunch | | 9 | HOPP |
| 12.45-13.30 | Lunch | Lunch | | IS | | | | Lunch | 10 | HOPP |
| Spolning | | | | | | | | | | |
| 13.40-14.25 | | | IS | | | | | | 9 | HOPP |
| 14.25-15.10 | | IS | FYS | FYS | FYS | | | | 10 | HOPP |
| Spolning | | | | | | | | | | |
| 15.20-16.05 | IS | | | | | FYS | FYS | | 8 | HOPP |
| 16.05-16.50 | FYS | FYS | Middag | Middag | IS | IS | | | 16 | HOPP |
| Spolning | | | | | | | | | | |
| 17.00-17.45 | Middag | Middag | | IS | | | | Middag | 10 | HOPP |
| 17.45-18.30 | | | IS | | Middag | Middag | | | 9 | HOPP |
| Spolning | | | | | | | | | | |
| 18.40-19.20 | | IS | | | | | | | 10 | HOPP |
| 19.20-20.05 | IS | | | | | | | | 8 | STEG |

DAG 6 - LÖRDAG

| LÖR | A1 | A2 | A3 | A4 | A5 | M1 | L1 | V1 | ANTAL | |
|-------------|-------|-------|-----|-----|-------|-------|-------|-------|-------|------|
| 07.00-07.45 | | | | IS | | | | IS | 14 | HOPP |
| 07.45-08.30 | | | | | IS | IS | IS | | 19 | HOPP |
| Spolning | | | | | | | | | | |
| 08.40-09.25 | | | IS | | FYS | FYS | FYS | | 9 | HOPP |
| 09.25-10.10 | | IS | FYS | FYS | | | | FYS | 10 | HOPP |
| Spolning | | | | | | | | | | |
| 10.20-11.05 | IS | | | | | Lunch | Lunch | | 8 | HOPP |
| 11.05-11.50 | FYS | FYS | | | IS | IS | | Lunch | 16 | HOPP |
| Spolning | | | | | | | | | | |
| 12.00-12.45 | | | | IS | Lunch | Lunch | IS | | 13 | HOPP |
| 12.45-13.30 | Lunch | Lunch | IS | | | | | IS | 13 | HOPP |
| Spolning | | | | | | | | | | |
| 13.40-14.20 | IS | IS | | | | | | | | HOPP |
| 14.30-15.15 | | | | | | | | | | |