

## UKE 14:

MANDAG										
18:00	-	19:00	OFF ICE							
19:00	-	20:00	SPINNERS							

ONSDAG										
16:15	-	17:00	OFF ICE			K1	K1			
17:00	-	18:00	SPINNERS				K1	K1		
18:15	-	19:15	OFF ICE					K1		
20:30	-	21:30	OFF ICE (sarp)						K1	K1
21:30	-	22:30	IS (sarp)						K1	K1

TORSDAG										
17:00	-	18:00	OFF ICE				K1	K1		
18:00	-	19:00	SPINNERS				K1	K1		
19:00	-	20:00	OFF ICE						K1	K1
20:00	-	21:00	SPINNERS						K1	K1

FREDAG											
16:45	-	17:15	MØTER MED FORELDRENE 1								
17:15	-	18:00	OFF ICE			K1	K1				
18:00	-	18:45	STRETCHING				K2	K2			
18:00	-	18:45	OFF ICE						K1	K1	
19:00	-	19:45	SPINNERS				K1	K1			
19:00	-	19:45	STRETCHING						K2	K2	
20:00	-	21:00	OFF ICE	K1							
20:00	-	21:00	DANCE					K2	K2	K1	

SØNDAG										
15:00	-	15:45	OFF ICE (sarp)				K2	K2	K2	K2
16:00	-	16:45	IS (sarp)				K2	K2	S	S
16:45	-	17:30	IS (sarp)						S	K2

**K1 (Kamil); S (Sigrun); K2 (Kasia); JE (Jon-Erik); T (Therese); M (Martine); A (Adele); J (June)**

## UKE 15:

<b>MANDAG</b>											
16:15	-	17:00	OFF ICE				K1	K1			
17:15	-	18:15	SPINNERS					K1	K1		
18:30	-	19:30	OFF ICE						K1	K1	
19:30	-	20:15	<b>MØTER MED FORELDRENE 2</b>								
19:30	-	20:15	STRETCHING						K2	K2	
21:00	-	22:30	IS (sarp.)							K2	

<b>ONSDAG</b>										
16:15	-	17:00	OFF ICE					K2	K2	
17:15	-	18:00	SPINNERS					K2	K2	
17:15	-	18:00	OFF ICE							JE
18:15	-	19:00	SPINNERS							K2
18:15	-	19:00	OFF ICE							JE
19:15	-	20:00	STRETCHING							K2

<b>TORSDAG</b>										
17:00	-	18:00	OFF ICE					K2	K2	
18:00	-	19:00	SPINNERS					K2	K2	K2
19:00	-	20:00	OFF ICE							K2
20:00	-	21:00	OFF ICE	K2						

<b>FREDAG</b>										
17:15	-	18:00	OFF ICE				K2	K2		
18:00	-	18:45	OFF ICE						K2	K2
19:00	-	19:45	STRETCHING						K2	K2
20:00	-	21:00	DANCE						K2	K2

<b>SØNDAG</b>										
08:30	-	09:15	IS (sarp)					K1	K1	K2
09:15	-	10:00	IS (sarp)							K2
18:00	-	19:00	OFF ICE					K1	K1	K1
19:00	-	20:00	SPINNERS					K1	K1	K1

**K1 (Kamil); S (Sigrun); K2 (Kasia); JE (Jon-Erik); T (Therese); M (Martine); A (Adele); J (June)**

## UKE 16:

<b>MANDAG</b>											
16:15	-	17:00	OFF ICE				K1	K1			
17:00	-	17:45	SPINNERS					K1	K1		
18:00	-	18:45	STRETCHING					K2	K2		
18:00	-	18:45	SPINNERS							K1	
19:00	-	19:45	OFF ICE							JE	
19:00	-	19:45	OFF ICE							K2	
19:00	-	21:00	<b>MØTER MED FORELDRENE 3</b>								
20:00	-	20:45	OFF ICE							K2	
20:00	-	20:45	OFF ICE							JE	

<b>TIRSDAG</b>										
18:00	-	19:00	SPINNERS						K1	K1
19:00	-	20:00	OFF ICE						K1	K1

<b>ONSDAG</b>										
17:45	-	18:30	OFF ICE					K1	K1	
18:45	-	19:30	SPINNERS					K1	K1	
18:45	-	19:30	OFF ICE							JE
19:45	-	20:30	SPINNERS							K1
19:45	-	20:30	OFF ICE							JE
20:30	-	21:30	STRETCHING							K2

<b>TORSDAG</b>										
17:00	-	18:00	OFF ICE					K1	K1	
18:00	-	19:00	SPINNERS					K1	K1	K1
19:00	-	20:00	OFF ICE							K1
20:00	-	21:00	OFF ICE	K1						

<b>FREDAG</b>										
17:15	-	18:00	OFF ICE				K2	K2		
18:00	-	18:45	OFF ICE						K2	K2
19:00	-	19:45	STRETCHING						K2	K2
20:00	-	21:00	DANCE						K2	K2

<b>SØNDAG</b>										
17:00	-	18:00	OFF ICE					K2	K2	
18:00	-	19:00	SPINNERS					K2	K2	K2
19:00	-	20:00	OFF ICE							K2

**K1 (Kamil); S (Sigrun); K2 (Kasia); JE (Jon-Erik); T (Therese); M (Martine); A (Adele); J (June)**

## UKE 17:

<b>MANDAG</b>												
16:15	-	17:00	OFF ICE				K1	K1				
17:00	-	17:45	SPINNERS					K1	K1			
18:00	-	18:45	STRETCHING					K2	K2			
18:00	-	18:45	SPINNERS							K1	K1	
19:00	-	19:45	OFF ICE							JE		
19:00	-	19:45	OFF ICE								K2	
19:00	-	21:00	<b>MØTER MED FORELDRENE 4</b>									
20:00	-	20:45	OFF ICE							K2		
20:00	-	20:45	OFF ICE								JE	

<b>TIRSDAG</b>											
18:00	-	19:00	SPINNERS						K1	K1	K1
19:00	-	20:00	OFF ICE						K1	K1	K2

<b>ONSDAG</b>											
17:45	-	18:30	OFF ICE					K1	K1		
18:45	-	19:30	SPINNERS					K1	K1		
18:45	-	19:30	OFF ICE								JE
19:45	-	20:30	SPINNERS								K1
19:45	-	20:30	OFF ICE							JE	
20:30	-	21:30	STRETCHING							K2	K2

<b>TORSDAG</b>											
17:00	-	18:00	OFF ICE					K1	K1		
18:00	-	19:00	SPINNERS					K1	K1		
19:00	-	20:00	OFF ICE							K1	K1
20:00	-	21:00	SPINNERS							K1	K1

<b>FREDAG</b>											
17:15	-	18:00	OFF ICE				K1	K1			
18:00	-	18:45	STRETCHING					K2	K2		
18:00	-	18:45	OFF ICE							K1	K1
19:00	-	19:45	SPINNERS					K1	K1		
19:00	-	19:45	STRETCHING							K2	K2
20:00	-	21:00	OFF ICE	K1							
20:00	-	21:00	DANCE						K2	K2	K1

SØNDAG									
12:00 - 13:30	IS							S	K1
13:30 - 14:15	IS				K1	K1			
14:15 - 15:00	IS				S	S	K1		K1