

MANDAG									
13:00 – 13:45	IS							h	s
13:45 – 14:30	IS	s	v	o	gr	gu	b		
14:30 – 15:15	IS							h	s
15:30 – 16:15	OFF ICE							h	s
16:30 – 17:15	OFF ICE				gr	gu			
17:30 - 18:15	IS	s			gr	gu	b		
18:15 – 18:30	VANNING								
18:30 – 19:30	IS			o			b	h	
19:30 - 20:15	IS							h	s
20:15 - 20:30	VANNING								
20:30 – 21:30	IS		v					h	s
21:30 – 22:30	IS		v					h	s

TIRSDAG									
12:00 – 12:45	OFF ICE								s
13:00 – 13:45	IS								s
13:45 – 14:30	IS	s	v	o	gr	gu			
14:30 – 15:15	IS						b	h	
15:30 – 16:15	OFF ICE						b	h	

ONSDAG									
12:00 – 12:45	OFF ICE								s
13:00 – 13:45	IS								s
13:45 – 14:30	IS	s	v	o	gr	gu			
14:30 – 15:15	IS						b	h	
15:30 – 16:15	OFF ICE							h	
17:45 – 18:30	OFF ICE					gu	b		
17:45 – 18:30	OFF ICE								s
18:30 – 19:15	OFF ICE							h	
18:45 – 19:30	IS					gu	b		s
19:30 – 20:15	IS							h	s
19:45 – 20:30	STRETCHING					gu	b		
20:30 – 21:15	STRETCHING							h	s

TORSDAG									
12:00 – 12:45	OFF ICE								s
13:00 – 14:00	IS								s
14:00 – 14:15	VANNING								
14:15 – 15:00	IS				gr	gu	b	h	
15:00 – 15:45	IS							h	s
15:45 – 16:30	IS						b		s
16:45 – 17:30	OFF ICE						b	h	s

