



Schema, vecka 38, 2025-2026

Färger och stil enligt följande: isträning, **markträning** och **dans**.

Tisdag, A-hallen 15:10-17:00.

Tid\Coach	Vyachek	Alex	Masha
15:10-16:00	G5 (SP1)		
16:00-16:10			
16:10-17:00	G2 (A1)	G3 (A2)	G5 (SP1)

Tisdag, B-hallen 17:25-19:15.

Tid\Coach	Vyachek	Alex	Masha
17:25-18:15	G1 (V1)	G2 (A1)	G3 (A2)
18:15-18:25			
18:25-19:15	G1 (V1)	G2 (A1)	G3 (A2)
19:15-19:25			

Onsdag, A-hallen 15:10-18:00.

Tid\Coach	Vyachek	Alex	Aida	Ronja	Masha
15:10-16:00	Education	G5 (SP1)			
16:00-16:10					
16:10-17:00	G5 (SP1)	G2 (A1)		G6 (SP2)	
17:00-17:10					
17:10-18:00	G1 (V1)	G2 (A1)	G1 (V1)	G6 (SP2)	G4 (C1)
18:00-18:10					
18:10-19:00		G1 (V1)			

Onsdag, B-hallen 18:25-19:15.

Tid\Coach	Vyachek	Aida	Leia	Liv
17:25-18:15				Red Group
18:15-18:25				
18:25-19:15	Red Group	G4 (C1)	Vux	

Torsdag, A-hallen 15:10-19:00.

Tid\Coach	Vyachek	Alex	Aida	Masha
15:10-16:00		G6 (SP2)		
16:00-16:10				
16:10-17:00	G3 (A2)	G2 (A1)	G1 (V1)	G6 (SP2)
17:00-17:10				
17:10-18:00	G1 (V1)	G2 (A1)	G1 (V1)	G3 (A2)
18:00-18:10				
18:10-19:00	G1 (V1)	G2 (A1)	G1 (V1)	

Fredag A-hallen 15:10-18:00.

Tid\Coach	Vyachek	Alex	Aida	Masha
15:10-16:00	G5 (SP1)	G6 (SP2)		
16:00-16:10				
16:10-17:00	G5 (SP1)	G2 (A1)	G3 (A2)	G6 (SP2)
17:00-17:10				
17:10-18:00	G2 (A1)	G1 (V1)	G1 (V1)	G4 (C1)
18:00-18:10				



Fredag, B-hallen 18:25-19:15.

Tid\Coach	Alex	Aida
18:15-18:25		
18:25-19:15	G1 (V1)	G4 (C1)
19:15-19:25		
19:25-20:15	G1 (V1)	G4 (C1)

Lördag, A-hallen 08:10-09:00.

Tid\Coach	Vyachek	Aida
08:10-09:00	G3 (A2)	G4 (C1)
09:00-09:10		

Lördag, B-hallen 09:25-10:15 samt 11:25-13:15.

Tid\Coach	Vyachek	Alex	Aida	Masha
09:25-10:15	G5 (SP1)	G3 (A2)	G4 (C1)	
10:15-10:25				
10:25-11:15	G5 (SP1)	G3 (A2)	G1 (V1)	
11:15-11:25				
11:25-12:15	G2 (A1)	G1 (V1)	G1 (V1)	
12:15-12:25				
12:25-13:15	G2 (A1)	G1 (V1)	G1 (V1)	
13:15-13:25				
13:25-14:15				G1 (V1)

Lördag, B-hallen 14:25-15:15.

Tid\Coach	KÅSK-tränare	Ronja	Liv
14:25-15:15	KÅSK	G6 (SP2)	Red Group
15:15-15:25			
15:25-16:15	KÅSK	G6 (SP2)	

Lördag, B-hallen 18:25-19:15.

Tid\Coach	Leia
18:15-18:25	
18:25-19:15	Vux

Söndag, A-hallen 08:10-13:00.

Tid\Coach	Vyachek	Alex	Ronja	KÅSK-tränare	Liv	Masha
08:10-09:00	G2 (A1)					
09:00-09:10						
09:10-10:00	G2 (A1)	G1 (V1)				
10:00-10:10						
10:10-11:00	G3 (A2)	G1 (V1)				G2 (A1)
11:00-11:10						
11:10-12:00	G3 (A2)	G5 (SP1)	G6 (SP2)			G1 (V1)
12:00-12:10						
12:10-13:00			G6 (SP2)	KÅSK	Red Group	G5 (SP1)
13:00-13:10						
13:10-14:00					Red Group	

Söndag, B-hallen 19:25-20:15.

Tid\Coach	Leia	Aida
18:25-19:15	Vux	G4 (C1)
19:15-19:25		
19:25-20:15	Vux	G4 (C1)



G1 (V1) is old V1: 11 timmar is
G2 (A1) is old A1: 9 timmar is
G3 (A2) is old A2: 6 timmar is
G4 (C1) is old C1: 4 timmar is
G5 (SP1) is old Sp1: 5 timmar is
G6 (SP2) is old Sp2: 5 timmar is
Red Group 3 timar is
Vyx 3 timar is
KÅsk 2 timma is