



Schema, vecka 43, 2025-2026

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

Måndag, A-hallen 06:00-07:30.

Tid	
06:00-07:30	Fri åkning till tävling grupperna

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

Tid\Coach	Vyachek	Alex	Masha
06:00-07:30	Fri åkning till tävling grupperna		
15:10-16:00	G5 (SP1) + G6 (SP2)	G3 (A2)	
16:00-16:10			
16:10-17:00	G2 (A1)	G1 (V1)	G5 (SP1) + G6 (SP2) clubroom
17:00-17:10			
17:10-18:00	G2 (A1)	G1 (V1)	G3 (A2) Stretch clubroom
18:00-18:10			
18:10-19:00		G1 (V1) Stretch clubroom	

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

Tid\Coach	Vyachek	Alex	Aida	Masha	Liv
06:00-07:30	Fri åkning till tävling grupperna				
15:10-16:00	G5 (SP1) + G6 (SP2)				Red Group
16:00-16:10					
16:10-17:00	G2 (A1)	G3 (A2)	G5 (SP1) + G6 (SP2)	Red Group clubroom	
17:00-17:10					
17:10-18:00	G2 (A1) + G3 (A2) clubroom	G1 (V1)	G4 (C1)	Red Group	
18:00-18:10					
18:10-19:00	G2 (A1) Stretch clubroom	G1 (V1)	G1 (V1)	G4 (C1)	
19:00-19:10					

Torsdag, No ice availability

Tid\Coach	Vyachek	Aida
06:00-07:30	Fri åkning till tävling grupperna	
15:10-16:00		
16:00-16:10		
16:10-17:00	G5 (SP1) + G6 (SP2) clubroom	
17:00-17:10		
17:10-18:00	G2 (A1) + G3 (A2)	G1 (V1) clubroom



18:00-18:10		
18:10-19:00		G1 (V1) Stretch clubroom

Fredag A-hallen 15:10-17:00. Alex is away at ungdomsamling

Tid\Coach	Vyachek	Aida	Masha
06:10-07:30			
15:10-16:00	G2 (A1)	G3 (A2)	
16:00-16:10			
16:10-17:00	G1 (V1)	G4 (C1)	G2 (A1) + G3 (A2) clubroom
17:00-17:10			
17:10-18:00		G1 (V1)	G4 (C1) clubroom
18:00-18:10			
18:10-19:00			G1 (V1) Stretch clubroom

Lördag, A-hallen 10:10-14:00. Dans i Haga except G1 due to
Haga's availability. Alex is away at ungdomsamling

Tid\Coach	Vyachek	Aida	Masha	Charlie	Lovisa/Ronja
09:10-10:00			G3 (A2), haga		
10:00-10:10					
10:10-11:00	G3 (A2)		G2 (A1), haga		G5 (SP1) + G6 (SP2) screen
11:00-11:10					
11:10-12:00	G2 (A1)	G4 (C1)	G1 (V1) clubroom	G3 (A2)	G5 (SP1) + G6 (SP2)
12:00-12:15					
12:15-13:00	G2 (A1)	G1 (V1)	G4 (C1) clubroom	G1 (V1)	
13:00-13:10					
13:10-14:00	G2 (A1) Stretch clubroom	G1 (V1)		G1 (V1)	
14:00-14:10					
14:10-15:00		G1 (V1) clubroom			

Österåker B hall 1815-2000

Tid\Coach	Vyachek	Aida
18:15-19:00	G2 (A1)	
19:00-20:00		G1 (V1)



Söndag, A-hallen 08:10-10:00, 12:10-14:00. Dans i Haga. Alex
is away at ungdomsamling

Tid\Coach	Vyachek	Aida	Charlie	Masha	Lovisa/Ronja
08:10-09:00	G2 (A1)				G5 (SP1) + G6 (SP2) Screen
09:00-09:10					
09:10-10:00	G2 (A1) clubroom	G1 (V1)	G1 (V1)		G5 (SP1) + G6 (SP2)
10:00-10:10					
10:10-11:00		G1 (V1) clubroom		G5 (SP1) + G6 (SP2), haga	
11:00-11:10					
11:10-12:00				Vux, haga	

Tid\Coach	Vyachek	KÅSK-tränare	Aida	Liv	Masha	Leia
12:00-12:10						
12:10-13:00	G3 (A2)	KÅSK		Red Group	G4 (C1), haga	Vux clubroom
13:00-13:10						
13:10-14:00	G1 (V1)	KÅSK	G4 (C1)	Red Group clubroom		Vux
14:00-14:10						
14:10-15:00			G4 (C1) clubroom			

Österåker B hall 2015-2130

Tid\Coach	Charlie
20:15-21:30	G1 (V1)