



Schema, vecka 11, 2026

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

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

Tid\Coach	Vyachek	Alex	Marsha
15:10-16:00	G5	G6	
16:00-16:10			
16:10-17:00	G2	G3	G1 clubroom
17:00-17:10			

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

Tid\Coach	Vyachek	Alex	Masha
17:25-18:15	G2	G1	G3 clubroom
18:15-18:25			
18:25-19:15	G2 clubroom	G1	
19:15-19:25			

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

Tid\Coach	Vyachek	Alex	Aida	Charles
15:10-16:00	G5	G6		
16:00-16:10				
16:10-17:00	G5 + G6 clubroom	G2	G3	
17:00-17:10				
17:10-18:00	G2 + G3 clubroom	G1	G4	
18:00-18:10				
18:10-19:00		G1 Rotation	G4	G1 Rotation

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

Tid\Coach	Lovisa	Kåsk Tränare	Leia
17:25-18:15	G7		
18:15-18:25			
18:25-19:15	G7	Kåsk	Vux

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

Tid\Coach	Vyachek	Alex	Aida	Masha
15:10-16:00	G5	G6		
16:00-16:10				
16:10-17:00	G3	G1 clubroom	G2	G5 + G6
17:00-17:10				



17:10-18:00	G2	G1		G3 clubroom
18:00-18:10				
18:10-19:00	G2 clubroom		G1	

Fredag A-hallen 15:10 -18:00

Tid\Coach	Vyachek	Alex	Charles	Aida
15:10-16:00	G5	G6		
16:00-16:10				
16:10-17:00	G3	G2	G5 + G6 clubroom	G1
17:00-17:10				
17:10-18:00	G2 + G3	G1	G4 clubroom	

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

Tid\Coach	Aida	Charles
18:25-19:15	G1	G4

**Lördag, A-hallen 08:10-10:00. Alex at national competition,
Ronja and Vyachek at system 1 competition**

Tid\Coach	Vyachek	Alex	Lovisa	Charles	Marsha
08:10-09:00	G3	G4		System 1 competition kl 8 - kl12	
09:00-09:10					
09:10-10:00	G2	G4 clubroom	G6		
10:00-10:10					
10:10-11:00	G2 clubroom		G6		G4
11:00-11:10					
11:10-12:00					G6
12:00-12:10					
12:10-13:00	System 1 competition from kl12 - finish				G7

Lördag, B-hallen 11:25-13:15

Tid\Coach	Aida	Cornelia	Charles
11:15-11:25			
11:25-12:15	G1	G1 Program	
12:15-12:25			
12:25-13:15	G1	G1 Program	
13:15-13:25			
13:25-14:15	G1 Rotation		G1 Rotation
14:15-14:25			

Lördag, B-hallen 14:25-15:15.



Tid\Coach	Kåsk Tränare
14:15-14:25	
14:25-15:15	Kåsk
15:15-15:25	

Lördag, B-hallen 19:25-20:15.

Tid\Coach	Leia	Lovisa	Show Tränare
18:25-19:15	G7 clubroom		Show
19:15-19:25			
19:25-20:15	G7	Vux	Show

Söndag, A-hallen 8:10 - 10:00. Alex at national competition,
Ronja and Charles at system 1 competition

Tid\Coach	Lovisa	Alex	Embla	Vyachek	Masha
08:10-09:00	G4	G2		System 1 competition kl8 - kl12	
09:00-09:10					
09:10-10:00	G2	G3	G4 clubroom		G1
10:00-10:10					
10:10-11:00					G2 + G3

Söndag, B-hallen 10:25-13:15

Tid\Coach	Charles	Aida	Kåsk Tränare
10:15-10:25			
10:25-11:15		G1	
11:15-11:25			
11:25-12:15		G1	
12:15-12:25			
12:25-13:15	System 1 competition from kl12 - finish		Kåsk
13:15-13:25			

Söndag, B-hallen 19:25-20:15.

Tid\Coach	Leia	Lovisa	Show Tränare
18:25-19:15			Show
19:15-19:25			
19:25-20:15	G7	Vux	Show