



Schema, vecka 20, 2026

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

Tisdag, A-hallen 16:10-20:00.

Tid\Coach	Vyachek	Alex	Aida
15:10-16:00	G5	G6	
16:00-16:10			
16:10-17:00	G2 + G3 clubroom	G6	G5
17:00-17:10			
17:10-18:00	G3	G2	G1 clubroom
18:00-18:10			
18:10-19:00	G2	G1	G4 clubroom
19:00-19:10			
19:10-20:00			G1

Onsdag, A-hallen 16:10-19:00.

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

Torsdag, No Ice

Tid\Coach	Frida	Charles	Aida
15:10-16:00	G5	G6	
16:00-16:10			
16:10-17:00	G3 Stretch	G2 Rotation	G2 Rotation
17:00-17:10			
17:10-18:00	G2 Stretch	G1 Rotation	G1 Rotation
18:00-18:10			
18:10-19:00			G1 Stretch

Fredag A-hallen 16:10 -19:00

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



	clubroom		
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Lördag, A-hallen 09:10-13:00. Dans at clubroom due to Haga
is not available

Tid\Coach	Vyachek	Alex	Aida	Marsha
09:00-09:10				
09:10-10:00	G3	G5		G6
10:00-10:10				
10:10-11:00	G5	G2	G6	G3
11:00-11:10				
11:10-12:00	G2 + G3	G1	G6	G5
12:00-12:10				
12:10-13:00		G1		
13:00-13:10				
13:10-14:00			G1 Rotation	

Lördag, A-hallen 18:10-19:00.

Tid\Coach	Leia	Charles
17:10-18:00	G7	G4 Strech
18:00-18:10		
18:10-19:00	G7	G4

Söndag, A-hallen 09:10-13:00

Tid\Coach	Alex	Vyachek	Charles	Masha	Kåsk Tränare
09:00-09:10					
09:10-10:00	G3	G2	G4 clubroom	G1	
10:00-10:10					
10:10-11:00	G1	G4		G2	
11:00-11:10					
11:10-12:00	G1	G2 Strech		G4	
12:00-12:10					
12:10-13:00	G1 Strech			G7	Kåsk

Söndag, A-hallen 18:10-19:00.

Tid\Coach	Lovisa	Leia
17:10-18:00	G7 clubroom	
18:00-18:10		
18:10-19:00	G7	Vux