

22 dec. Mãn.

15.15-16.10 Ispass TT
16.10-17.00 Ispass T2+T3a
17.10-18.00 Ispass T3b+T4a

18.15-19.15 off-ice T3b+T4a

26 dec. Fre.

14.15-15.10 Ispass TT
15.10-16.00 Ispass T2+T3a,b
16.10-17.00 Ispass T4a+T4b

29 dec. Mãn

13.00-13.50 Off-ice TT, T2, T3a
13.50-14.40 off-ice T3b+T4a

15.30 -16.30 Ispass T3b+T4a
16.45-18.00 Ispass TT+T2, T3a

30 dec. Tis.

9.00-9.50 Ispass T3b+T3a
9.50-10.50 Ispass TT+T2

11.30-12.30 off-ice T3b+T4a
12.30-13.20 off-ice TT, T2, T3a, T4b

14.30-15.30 Ispass 3b+T3a
15.40-16.40 Ispass TT+T2
16.50-17.50 Ispass T4b+T4a

2 jan. Fre

11.30-12.30 off-ice T3+T4a
12.30-13.30 off-ice TT, T2, T4b

14.30-15.30 ispass T3+T4a
15.40-16.40 ispass TT
16.50-17.50 ispass T2+T4b

4 jan. Sön.

9.00-9.50 ispass T2+T3
9.50-10.50 ispass TT
11.00-11.50 ispass gr.4a+SS pandor
12.15-13.00 off-ice 4a+pandor

5 jan. Mån.

11.30-12.30 off-ice T3+T4a
12.30-13.30 off-ice TT, T2, T4b

14.30-15.30 ispass T3+T4a
15.40-16.40 ispass TT
16.50-17.50 ispass T2+T4b

Från 7/1 gäller ordinarie träningsschema