

Schema för System 3-sammandraget v35 2025

Lördag, 30 augusti

Tid	Gr1	Gr 2	Gr3	Tränare
09.00	9:15 Is 10:00			9:15 Is 10:45
10.00	10:15 Teori 11:15	10:00 Is 10:45		
11.00		11:15 Teori 12:15	11:00 Is 11:45	11:00 Is 12:30
12.00	11:45 Is 12:30		12:15 Teori 13:15	
13.00	Lunch 12.30 - 13.45			
	13:30 Dans 14:25	13:30 Is 14:15		13:45 Teori 14:45
14.00		14:30 Dans 15:25	14:15 Is 15:00	
15.00	15:15 Is 16:00		15:30 Dans 16:25	15:30 Dans 16:25
16.00		16:00 Is 16:45		15:15 Is 16:45
17.00			17:00 Is 17:45	17:00 Is 17:45
18.00				

Schema för System 3-sammandraget v35 2025

Söndag, 31 augusti

Tid	Gr1	Gr 2	Gr3	Tränare
09.00	9:00 Is 9:45			9:00 Is
10.00	10:00 Dans 10:55	9:45 Is 10:30		10:00 Dans 10:30
11.00	11:30 Is 12:15	10:55 Dans 11:50	10:45 Is 11:30	10:55 Dans 11:50
12.00			11:50 Dans 12:45	11:50 Dans 12:45
	Lunch 12.00 - 13.30			
13.00				
	13:15 Taekwondo 14:10	13:15 Is 14:00		13:15 Is
14.00		14:15 Taekwondo 15:10	14:00 Is 14:45	14:45 Is
15.00	15:00 Is 15:45		15:15 Taekwondo 16:10	15:00 Is
16.00		15:45 Is 16:30		16:30 Is
17.00			16:45 Is 17:30	16:45 Is 17:30
18.00				