

Schema för Skånespetsen v33 2025

Lördag, 16 augusti

Tid	Gr1	Gr 2	Gr3	Tränare
09.00				
10.00	9:30 Is Igor 10:15			9:30 Is Igor 11:00
11.00	10:30 Teori 11:30	10:15 Is Igor 11:00		
12.00	12:00 Is Igor 12:45	11:30 Teori 12:30	11:15 Is Igor 12:00	11:15 Is Igor 12:45
13.00	Lunch 12.30 - 14.00		12:15 Fys / Stretch 13:10	12:15 Fys/S 13:10
14.00	13:45 Fys / Stretch 14:40	13:45 Is Igor 14:30		13:30 Teori 14:30
15.00		14:45 Fys / Stretch 15:40	14:30 Is Igor 15:15	14:45 Is 15:15 Fys/S 15:40
16.00	15:30 Is Igor 16:15		15:35 Teori 16:35	Is Igor 16:15
17.00		16:30 Is Igor 17:15		16:30 Is Igor 18:00
18.00			17:15 Is Igor 18:00	

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Söndag, 17 augusti

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