

Schema för Skånespetsen v19 2026

Fredag, 08 maj

Tid	Gr1	Gr 2	Gr3	Tränare
12.00				
13.00				
14.00				
15.00				
16.00	16:00 Is Lorenzo 16:45			16:00 Is Lorenzo
17.00	17:15 Kvällsfika 17:45	16:45 Is Lorenzo 17:30		17:30
18.00		18:00 Kvällsfika 18:30	17:45 Is Lorenzo 18:30	17:45 Is Lorenzo
19.00	18:30 Is Lorenzo 19:15		18:45 Kvällsfika 19:15	19:15
20.00		19:30 Is Lorenzo 20:15		19:30 Is Lorenzo
21.00			20:15 Is Lorenzo 21:00	21:00

Schema för Skånespetsen v19 2026

Lördag, 09 maj

Tid	Gr1	Gr 2	Gr3	Tränare
09.00	9:00 Is Lorenzo 9:45		9:15 Fys Andras 10:00	9:00 Is Lorenzo 9:15 Fys 10:00 Fys 10:30
10.00	10:00 Fys Andras 10:45	9:45 Is Lorenzo 10:30		10:00 Fys 10:45
11.00		10:45 Fys Andras 11:30	10:45 Is Lorenzo 11:30	10:45 Fys 11:30 Is Lorenzo 11:30
12.00	11:45 Motivation Lorenzo 12:30	11:45 Motivation Lorenzo 12:30	11:45 Motivation Lorenzo 12:30	12:00 Lunch 13:00
13.00	12:30 Lunch 12:55	12:45 Lunch 13:15	13:00 Lunch 13:30	13:05 Q & A for coaches Lorenzo 13:45
14.00	13:00 Is Tamara 13:45	13:45 Is Tamara or Lorenzo 14:30		13:45 Is 14:20 Flex 14:45
15.00	14:20 Flexibility Julia 15:05	15:10 Flexibility Julia 15:55	14:45 Is Lorenzo 15:30	15:05 Flex 15:10 Flex 15:55 Is Lorenzo 16:15
16.00	15:30 Is Lorenzo 16:15	16:30 Is Lorenzo 17:15	16:05 Flexibility Julia 16:50	16:05 Flex 16:50 Is Lorenzo 18:00
17.00			17:15 Is Lorenzo 18:00	
18.00				

Schema för Skånespetsen v19 2026

Söndag, 10 maj

Tid	Gr1	Gr 2	Gr3	Tränare
09.00	9:00 Is Lorenzo 9:45			9:00 Is Lorenzo
10.00	10:00 Fys Andras 10:55	9:45 Is Lorenzo 10:30		10:00 Fys 10:30
11.00	11:30 Is Lorenzo 12:15	10:55 Fys Andras 11:50	10:45 Is Lorenzo 11:30	10:55 Fys 10:55 Is Lorenzo 12:15
12.00			11:50 Fys Andras 12:45	11:50 Fys 12:45 Lunch
	Lunch 12.00 - 13.30			12:45 Samtal SkånesKF 13:15
13.00	13:30 Flexibility Julia 14:15	13:15 Is Lorenzo 14:00		13:15 Flex 14:15 Is Lorenzo 14:45
14.00		14:15 Flexibility Julia 15:00	14:00 Is Lorenzo 14:45	14:15 Flex 15:00 Is Lorenzo 15:45
15.00	15:00 Is Lorenzo 15:45		15:00 Flexibility Julia 15:45	15:00 Flex 15:45 Is Lorenzo 16:30
16.00		15:45 Is Lorenzo 16:30		
17.00			16:45 Is Lorenzo 17:30	16:45 Is Lorenzo 17:30
18.00				