

# Gruppträning Ht- 2025

| Måndag           |                            | 16:30-17:00 | 17:00-17:30        | 17:30-18:00 | 18:00-18:30                         | 18:30-19:00                     | 19:00-19:30            | 19:30-20:00            | 20:00-21:00 |
|------------------|----------------------------|-------------|--------------------|-------------|-------------------------------------|---------------------------------|------------------------|------------------------|-------------|
| Simhall          | Stängt                     |             |                    |             |                                     |                                 |                        |                        |             |
| Sporthall, sal 1 | Drill, kl.15:20-16:20      |             |                    |             | Karate V. 34 - 51 kl: 18.00 - 20.30 |                                 |                        |                        |             |
| Sporthall, sal 2 |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Sporthall, sal 3 |                            |             |                    |             |                                     |                                 | Gym-Mix v. 36 - 50     |                        |             |
| Läktare          | Boule 10.00-12.00          |             |                    |             | Spinning V.36 - 50                  |                                 |                        |                        |             |
| Läktare          | V. 38- 50                  |             |                    |             |                                     |                                 |                        |                        |             |
| Gym              | Landsting Kl:10-11         |             |                    |             |                                     |                                 |                        |                        |             |
| Tisdag           | 14.00- 15.00               | 16:30-17:00 | 17:00-17:30        | 17:30-18:00 | 18:00-18:30                         | 18:30-19:00                     | 19:00-19:30            | 19:30-20:00            | 20:00-21:00 |
| Simhall          | Stängt                     |             |                    |             |                                     |                                 |                        |                        |             |
| Sporthall, sal 1 | Drill, kl.15:20-16:20      |             |                    |             |                                     |                                 |                        | Innebandy, V40 - 51    |             |
| Sporthall, sal 2 |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Sporthall, sal 3 |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Läktare          |                            |             |                    |             |                                     | Karate 18:30 - 20:00 v. 34 - 51 |                        |                        |             |
| Läktare          |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Onsdag           |                            | 16:30-17:00 | 17:00-17:30        | 17:30-18:00 | 18:00-18:30                         | 18:30-19:00                     | 19:00-19:30            | 19:30-20:00            | 20:00-21:00 |
| Simhall          | Stängt                     |             |                    |             |                                     |                                 |                        |                        |             |
| Sporthall, sal 1 |                            |             |                    |             | Frisksportarna V. 34 - 51           |                                 |                        | ÅIK-Badminton V. 34-50 |             |
| Sporthall, sal 2 |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Sporthall, sal 3 |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Läktare          |                            |             |                    |             | Boxning v. 36-50 18:15 - 19:15      |                                 |                        |                        |             |
| Gym              |                            |             | Landsting Kl:13-14 |             |                                     |                                 |                        |                        |             |
| Torsdag          | 14.00 - 15.00              | 16:30-17:00 | 17:00-17:30        | 17:30-18:00 | 18:00-18:30                         | 18:30-19:00                     | 19:00-19:30            | 19:30-20:00            | 20:00-21:00 |
| Simhall          | Stängt                     |             |                    |             |                                     |                                 |                        |                        |             |
| Sporthall, sal 1 |                            |             |                    |             | Karate V. 34 - 51 kl: 18.00 - 20.30 |                                 |                        |                        |             |
| Sporthall, sal 2 |                            |             |                    |             | Gym-Mix V.36 - 50 kl 18:00 - 19:00  |                                 |                        |                        |             |
| Sporthall, sal 3 |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Läktare          |                            |             |                    |             |                                     |                                 | Spinning 19:00 - 20:00 |                        |             |
| Läktare          |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Gym              | Vuxenskolan 10.00-11.00 v. |             |                    |             |                                     |                                 |                        |                        |             |
| Fredag           | 12:30 - 16:30              | 16:30-17:00 | 17:00-17:30        | 17:30-18:00 | 18:00-18:30                         | 18:30-19:00                     | 19:00-19:30            | 19:30-20:00            | 20:00-21:00 |
| Simhall          | Stängt                     |             |                    |             |                                     |                                 |                        |                        |             |
| Sporthall, sal 1 |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Sporthall, sal 2 |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Sporthall, sal 3 |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Läktare          |                            |             |                    |             |                                     |                                 |                        |                        |             |
| Gym              |                            |             |                    |             |                                     |                                 |                        |                        |             |

## Lördag

|         |        |  |  |  |  |  |  |  |  |
|---------|--------|--|--|--|--|--|--|--|--|
| Lördag  | 09:30  |  |  |  |  |  |  |  |  |
| Simhall | Stängt |  |  |  |  |  |  |  |  |

