

Grundschemat VÅRTERMINEN 2024						
Dag	Plats	Aktivitet	Tid	Grupper	Tränare	Info
Måndag	Ramberget	Is	16.00-17.20	A6, A4, B5, B4	JD, JH	
	Ramberget	Off-ice	17.30-18.00	A6, A4, B5, B4	JD, JH	
	Angered	Is	19.00-19.50	Adult 1 m0-5	MG, SP	
	Angered	Is	20.00-20.50	Adult 2 m6-8+	MG, SP	
Tisdag	Vallhall	Is	15.00-16.20	A+B (enl. ök)	JD, MG	Adam, Paulina, Lovisa, Alicia, VendelaR, Leia, Nele, Smilla, Julia, Selma
	Vallhall	Off-ice	16.30-17.15	A+B (enl. ök)	SB	
	Vallhall	Is	16.30-17.50	K3, K2	JD, MG, NR, RK	
	Vallhall	Off-ice	18.00-18.30	K3, K2	MG, NR	
	Vallhall	Is	18.00-19.20	S4, S3, S2	JD, SB, RK	Vendela, Rebecca, Stina, Alice, Danni, EmmaS, Tindra, Tilde, Elvira, EmmaC, Helena, Sara, Livia, EmelieK, Sissela, Gisela
	Vallhall	Off-ice	19.30-20.15	S4, S3, S2	MG	
	Vallhall	Off-ice	18.30-19.15	A+B (enl. ök)	MG	
	Vallhall	Is	19.30-20.50	A+B (enl. ök)	JD, SB	
Onsdag	Slr	Is	15.15-16.35	A+B (enl. ök)	JD, MG	Julia, Leia, Alice, Gisela, Nele, Tilde, Lovisa, Smilla,
	Slr	Off-ice	16.45-17.30	A+B (enl. ök)	JD	
	Slr	Is	16.45-17.35	S4, K3	MG, EH	Selma, Stina, Melina, Danni, Adam, Sara, Vendela, EmmaS, TindraB, Paulina, Livia,
	Slr	Off-ice	17.45-18.30	S4, K3	EH	
	Slr	Is	17.45-18.35	Skridskoskola	JD, MG, FK, NR, SD	
	Slr	Is	18.45-20.05	A+B (enl. ök)	JD, EH	
Slr	Off-ice	20.15-21.00	A+B (enl. ök)	EH/JD		
Torsdag	Slr	Off-ice	17.00-17.30	S4, S3	JD, MG	
	Slr	Is	17.45-18.35	S4, S3	JD, SB, RK	
	Slr	Off-ice	17.45-18.30	A6, B5	MG	
	Slr	Is	18.45-20.05	A6, B5	JD, SB	
Fredag	Slr	Is	15.15-16.05	A+B (enl. ök)	JD, TKG	Melina, Alice, Rebecca, Vendela, Gisela, Tilde, Lovisa, Paulina,
	Slr	Is - steg	16.15-17.05	A+B (ALLA)	JD, MG, TKG	
	Slr	Is	17.15-18.05	A+B (enl. ök)	JD, TKG	Selma, Stina, Leia, Danni, Adam, Sara, Emelie, Nele, Julia, EmmaS, TindraB, Livia, Smilla
	Slr	Off-ice	17.15-18.00	A+B fr. kl. 15	MG	
	Slr	Off-ice	18.15-19.00	A+B fr. kl. 17	JD/MG/TKG	
Lördag	Vallhall	Is	08.00-08.50	Adult 1 m0-5	JH, TKG	Rebecca, Tindra, Stina, Leia, Paulina varannan (udda) vecka,
	Vallhall	Is	09.00-10.20	S4, S3, S2	JH, TKG, RK	
	Vallhall	Is	10.30-11.20	Tävlande A, tävl. i B5 extra	JH, TKG	
	Slr	Is	08.15-09.35	K3, K2	MG, NR, GP, SD	
	Slr	Is	09.45-10.35	Skridskoskola	MG, NR, SD, EM, EK, FK, GP	
	Slr	Is	10.45-11.35	Skridskoskola	MG, NR, SD, EM, EK, FK, GP	
Söndag						

JD	Joanna Dahlstrand	GP	Greta Polverini
MG	Madelene Granath	NR	Nele Ramstrand
TKG	Tamara Kuchiki Girdland	SD	Sara Dzonlic
SB	Svetlana Banova	EK	Emelie Kvist
JH	Jenni Honkila	FK	Freya Kilbo
EH	Elin Hallberg	EM	Elvira Merckell
RK	Rebecca Krook	PA	Paulina Aspenström
SL	Sofia Löfberg		