	23-jul	Bana														
				0	1	2	3	4	5	6	7	8	9			
Måndag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
	07:30															07:30
	08:00															08:00
	08:30															08:30
	09:00	lek												Neptun	Neptun	09:00
	09:30													Neptun	Neptun	09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
	10:30											Neptun	Neptun	Neptun	Neptun	10:30
	11:00													Neptun	Neptun	11:00
	11:30													Neptun	Neptun	11:30
	12:00															12:00
	12:30															12:30
	13:00													Neptun	Neptun	13:00
	13:30													Neptun	Neptun	13:30
	14:00															14:00
	14:30															14:30
	15:00	rundsim												Neptun	Neptun	15:00
	15:30													Neptun	Neptun	15:30
	16:00													Neptun	Neptun	16:00
	16:30													Neptun	Neptun	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
	20:30															20:30
	21:00															21:00
	21:30															21:30

24-jul		Bana														
				0	1	2	3	4	5	6	7	8	9			
Tisdag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
	07:30															07:30
	08:00															08:00
	08:30															08:30
	09:00	lek												Neptun	Neptun	09:00
	09:30													Neptun	Neptun	09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
	10:30											Neptun	Neptun	Neptun	Neptun	10:30
	11:00													Neptun	Neptun	11:00
	11:30													Neptun	Neptun	11:30
	12:00															12:00
	12:30															12:30
	13:00													Neptun	Neptun	13:00
	13:30													Neptun	Neptun	13:30
	14:00															14:00
	14:30															14:30
	15:00	rundsim							NEC	NEC	NEC	NEC	NEC	Neptun	Neptun	15:00
	15:30								NEC	NEC	NEC	NEC	NEC	Neptun	Neptun	15:30
	16:00								NEC	NEC	NEC	NEC	NEC	Neptun	Neptun	16:00
	16:30								NEC	NEC	NEC	NEC	NEC	Neptun	Neptun	16:30
	17:00															17:00
	17:30															17:30
	18:00															18:00
	18:30															18:30
	19:00								Nep. Masters	Nep. Masters				Hellas	Hellas	19:00
	19:30								Nep. Masters	Nep. Masters				Hellas	Hellas	19:30
	20:00								Nep. Masters	Nep. Masters						20:00
	20:30															20:30
	21:00															21:00
	21:30															21:30

25-jul		Bana														
				0	1	2	3	4	5	6	7	8	9			
Onsdag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
	07:30															07:30
	08:00															08:00
	08:30															08:30
	09:00	lek												Neptun	Neptun	09:00
	09:30													Neptun	Neptun	09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
	10:30											Neptun	Neptun	Neptun	Neptun	10:30
	11:00													Neptun	Neptun	11:00
	11:30													Neptun	Neptun	11:30
	12:00															12:00
	12:30															12:30
	13:00													Neptun	Neptun	13:00
	13:30													Neptun	Neptun	13:30
	14:00															14:00
	14:30															14:30
	15:00	rundsim												Neptun	Neptun	15:00
	15:30													Neptun	Neptun	15:30
	16:00													Neptun	Neptun	16:00
	16:30													Neptun	Neptun	16:30
	17:00															17:00
	17:30															17:30
	18:00															18:00
	18:30															18:30
	19:00															19:00
	19:30												Apnea	Apnea	Apnea	19:30
	20:00												Apnea	Apnea	Apnea	20:00
	20:30															20:30
	21:00															21:00
	21:30															21:30

26-jul		Bana														
				0	1	2	3	4	5	6	7	8	9			
Torsdag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
	07:30															07:30
	08:00															08:00
	08:30															08:30
	09:00	lek												Neptun	Neptun	09:00
	09:30													Neptun	Neptun	09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
	10:30											Neptun	Neptun	Neptun	Neptun	10:30
	11:00													Neptun	Neptun	11:00
	11:30													Neptun	Neptun	11:30
	12:00															12:00
	12:30															12:30
	13:00													Neptun	Neptun	13:00
	13:30													Neptun	Neptun	13:30
	14:00															14:00
	14:30															14:30
	15:00	rundsim							NEC	NEC	NEC	NEC	NEC	Neptun	Neptun	15:00
	15:30								NEC	NEC	NEC	NEC	NEC	Neptun	Neptun	15:30
	16:00								NEC	NEC	NEC	NEC	NEC	Neptun	Neptun	16:00
	16:30								NEC	NEC	NEC	NEC	NEC	Neptun	Neptun	16:30
	17:00															17:00
	17:30															17:30
	18:00															18:00
	18:30									St.Dive						18:30
	19:00									St.Dive	Dolphins	Dolphins	Dolphins	Hellas	Hellas	19:00
	19:30									St.Dive	Dolphins	Dolphins	Dolphins	Hellas	Hellas	19:30
	20:00										Dolphins	Dolphins	Dolphins			20:00
	20:30															20:30
	21:00															21:00
	21:30															21:30

27-jul		Bana														
				0	1	2	3	4	5	6	7	8	9			
Fredag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
	07:30															07:30
	08:00															08:00
	08:30															08:30
	09:00	lekbanor												Neptun	Neptun	09:00
	09:30													Neptun	Neptun	09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
	10:30											Neptun	Neptun	Neptun	Neptun	10:30
	11:00													Neptun	Neptun	11:00
	11:30													Neptun	Neptun	11:30
	12:00															12:00
	12:30															12:30
	13:00													Neptun	Neptun	13:00
	13:30											St.Dive	St.Dive	Neptun	Neptun	13:30
	14:00											St.Dive	St.Dive			14:00
	14:30											St.Dive	St.Dive			14:30
	15:00	rundsim										St.Dive	St.Dive	Neptun	Neptun	15:00
	15:30											St.Dive	St.Dive	Neptun	Neptun	15:30
	16:00											St.Dive	St.Dive	Neptun	Neptun	16:00
	16:30											St.Dive	St.Dive	Neptun	Neptun	16:30
	17:00											St.Dive	St.Dive			17:00
	17:30											St.Dive	St.Dive			17:30
	18:00											St.Dive	St.Dive			18:00
	18:30											St.Dive	St.Dive			18:30
	19:00											St.Dive	St.Dive			19:00
	19:30															19:30
	20:00															20:00

		Bana														
	28-jul			0	1	2	3	4	5	6	7	8	9			
Lördag	07:30															
	08:00	lekbanor		rundsim		bröstsim	crawl	snabb crawl								08:00
	08:30															08:30
	09:00															09:00
	09:30															09:30
	10:00															10:00
	10:30															10:30
	11:00															11:00
	11:30															11:30
	12:00															12:00
	12:30															12:30
	13:00															13:00
	13:30															13:30
	14:00															14:00
	14:30															14:30
	15:00															15:00
	15:30															15:30
	16:00															16:00
	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

		Bana														
	29-jul			0	1	2	3	4	5	6	7	8	9			
Söndag	07:30															07:30
	08:00	lekbanor		rundsim		bröstsim	crawl	snabb crawl								08:00
	08:30															08:30
	09:00															09:00
	09:30															09:30
	10:00															10:00
	10:30															10:30
	11:00															11:00
	11:30															11:30
	12:00															12:00
	12:30															12:30
	13:00															13:00
	13:30															13:30
	14:00															14:00
	14:30															14:30
	15:00															15:00
	15:30															15:30
	16:00															16:00
	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

30-jul		Bana														
				0	1	2	3	4	5	6	7	8	9			
Måndag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
	07:30															07:30
	08:00															08:00
	08:30															08:30
	09:00	lek												Neptun	Neptun	09:00
	09:30													Neptun	Neptun	09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
	10:30											Neptun	Neptun	Neptun	Neptun	10:30
	11:00													Neptun	Neptun	11:00
	11:30													Neptun	Neptun	11:30
	12:00														RFSL	12:00
	12:30														Maria Källne	12:30
	13:00													Neptun	Neptun	13:00
	13:30													Neptun	Neptun	13:30
	14:00															14:00
	14:30															14:30
	15:00	rundsim												Neptun	Neptun	15:00
	15:30													Neptun	Neptun	15:30
	16:00													Neptun	Neptun	16:00
	16:30													Neptun	Neptun	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
	20:30															20:30
	21:00															21:00
	21:30															21:30

31-jul		Bana													
				0	1	2	3	4	5	6	7	8	9		
Tisdag	06:00	rundsim		bröstsim		crawl		snabb crawl							06:00
	06:30														06:30
	07:00														07:00
	07:30														07:30
	08:00														08:00
	08:30														08:30
	09:00	lek												Neptun	Neptun	09:00
	09:30													Neptun	Neptun	09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
	10:30											Neptun	Neptun	Neptun	Neptun	10:30
	11:00													Neptun	Neptun	11:00
	11:30													Neptun	Neptun	11:30
	12:00															12:00
	12:30															12:30
	13:00													Neptun	Neptun	13:00
	13:30													Neptun	Neptun	13:30
	14:00															14:00
	14:30															14:30
	15:00	rundsim							NEC	NEC	NEC	NEC		Neptun	Neptun	15:00
	15:30								NEC	NEC	NEC	NEC		Neptun	Neptun	15:30
	16:00								NEC	NEC	NEC	NEC		Neptun	Neptun	16:00
	16:30								NEC	NEC	NEC	NEC		Neptun	Neptun	16:30
	17:00															17:00
	17:30															17:30
	18:00															18:00
	18:30															18:30
	19:00								Nep. Masters	Nep. Masters				Hellas	Hellas	19:00
	19:30								Nep. Masters	Nep. Masters				Hellas	Hellas	19:30
	20:00								Nep. Masters	Nep. Masters						20:00
	20:30															20:30
	21:00															21:00
	21:30															21:30

01-aug		Bana														
				0	1	2	3	4	5	6	7	8	9			
Onsdag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
	07:30															07:30
	08:00															08:00
	08:30															08:30
	09:00	lek												Neptun	Neptun	09:00
	09:30													Neptun	Neptun	09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
	10:30											Neptun	Neptun	Neptun	Neptun	10:30
	11:00													Neptun	Neptun	11:00
	11:30													Neptun	Neptun	11:30
	12:00															12:00
	12:30															12:30
	13:00													Neptun	Neptun	13:00
	13:30													Neptun	Neptun	13:30
	14:00															14:00
	14:30															14:30
	15:00	rundsim							Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	15:00
	15:30								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	15:30
	16:00								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	16:00
	16:30								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	16:30
	17:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen		17:00
	17:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen		17:30
	18:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen		18:00
	18:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen		18:30
	19:00								Neptun	Neptun	Neptun	Neptun				19:00
	19:30								Neptun	Neptun	Neptun	Neptun	Apnea	Apnea	Apnea	19:30
	20:00												Apnea	Apnea	Apnea	20:00
	20:30															20:30
	21:00															21:00
	21:30															21:30

02-aug		Bana														
				0	1	2	3	4	5	6	7	8	9			
Torsdag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
	07:30															07:30
	08:00															08:00
	08:30															08:30
	09:00	lek												Neptun	Neptun	09:00
	09:30													Neptun	Neptun	09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
	10:30											Neptun	Neptun	Neptun	Neptun	10:30
	11:00													Neptun	Neptun	11:00
	11:30													Neptun	Neptun	11:30
	12:00															12:00
	12:30															12:30
	13:00													Neptun	Neptun	13:00
	13:30													Neptun	Neptun	13:30
	14:00															14:00
	14:30															14:30
	15:00	rundsim							NEC	NEC	NEC	NEC		Neptun	Neptun	15:00
	15:30								NEC	NEC	NEC	NEC		Neptun	Neptun	15:30
	16:00								NEC	NEC	NEC	NEC		Neptun	Neptun	16:00
	16:30								NEC	NEC	NEC	NEC		Neptun	Neptun	16:30
	17:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	17:00
	17:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	17:30
	18:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	18:00
	18:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	18:30
	19:00									St.Dive	Dolphins	Dolphins	Dolphins	Hellas	Hellas	19:00
	19:30									St.Dive	Dolphins	Dolphins	Dolphins	Hellas	Hellas	19:30
	20:00									St.Dive	Dolphins	Dolphins	Dolphins			20:00
	20:30															20:30
	21:00															21:00
	21:30															21:30

03-aug		Bana														
				0	1	2	3	4	5	6	7	8	9			
Fredag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
	07:30															07:30
	08:00															08:00
	08:30															08:30
	09:00	lekbanor												Neptun	Neptun	09:00
	09:30													Neptun	Neptun	09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
	10:30											Neptun	Neptun	Neptun	Neptun	10:30
	11:00													Neptun	Neptun	11:00
	11:30													Neptun	Neptun	11:30
	12:00															12:00
	12:30															12:30
	13:00													Neptun	Neptun	13:00
	13:30													Neptun	Neptun	13:30
	14:00															14:00
	14:30															14:30
	15:00	rundsim							Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	15:00
	15:30								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	15:30
	16:00								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	16:00
	16:30								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	16:30
	17:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen		17:00
	17:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	St.Dive	17:30
	18:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	St.Dive	18:00
	18:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen		18:30
	19:00															19:00
	19:30															19:30
	20:00															20:00

		Bana														
04-aug				0	1	2	3	4	5	6	7	8	9			
Lördag	07:30															07:30
	08:00	lekbanor		rundsim		bröstsim	crawl	snabb crawl								08:00
	08:30															08:30
	09:00															09:00
	09:30															09:30
	10:00															10:00
	10:30															10:30
	11:00															11:00
	11:30															11:30
	12:00															12:00
	12:30															12:30
	13:00															13:00
	13:30															13:30
	14:00															14:00
	14:30															14:30
	15:00															15:00
	15:30															15:30
	16:00															16:00
	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

		Bana														
05-aug				0	1	2	3	4	5	6	7	8	9			
Söndag	07:30															07:30
	08:00	lekbanor		rundsim		bröstsim	crawl	snabb crawl								08:00
	08:30															08:30
	09:00															09:00
	09:30															09:30
	10:00															10:00
	10:30															10:30
	11:00															11:00
	11:30															11:30
	12:00															12:00
	12:30															12:30
	13:00															13:00
	13:30															13:30
	14:00															14:00
	14:30															14:30
	15:00															15:00
	15:30															15:30
	16:00															16:00
	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