

05-feb		Bana															
			0	1	2	3	4	5	6	7	8	9					
Måndag	06:00		bröstsimsim	crawl	snabb crawl	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:00			
	06:30					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:30		
	07:00					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	07:00		
	07:30															07:30	
	08:00																08:00
	08:30																08:30
	09:00	lekbanor															09:00
	09:30																09:30
	10:00																10:00
	10:30																10:30
	11:00																11:00
	11:30																11:30
	12:00											Sim	Sim	12:00			
	12:30											Akademin	Akademin	12:30			
	13:00											13.00-15.35	13.00-15.35	13:00			
	13:30											skolsim	skolsim	13:30			
	14:00											skolsim	skolsim	14:00			
	14:30											skolsim	skolsim	14:30			
	15:00	Rundsimsim											skolsim	skolsim	15:00		
	15:30												Polisen	Polisen	15:30		
	16:00												Polisen	Polisen	16:00		
16:30												Polisen	Polisen	16:30			
17:00												Polisen	Polisen	17:00			
17:30												Polisen	Polisen	17:30			
18:00												Polisen	Polisen	18:00			
18:30												Polisen	Polisen	18:30			
19:00												Polisen	Polisen	19:00			
19:30												Polisen	Polisen	19:30			
20:00											Polisen	Polisen	20:00				
20:30											Polisen	Polisen	20:30				
21:00											Polisen	Polisen	21:00				
21:30											SPIF master	SPIF master	21:30				



07-feb		Bana														
			0	1	2	3	4	5	6	7	8	9				
Onsdag	06:00	lekbanor	bröstsimsim	crawl	snabb crawl	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:00		
	06:30					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:30	
	07:00					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	07:00	
	07:30														07:30	
	08:00														08:00	
	08:30													08.30-11.00	08.30-11.00	08:30
	09:00	lekbanor												skolsim	skolsim	09:00
	09:30													skolsim	skolsim	09:30
	10:00													skolsim	skolsim	10:00
	10:30													skolsim	skolsim	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	Rundsimsim						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:00	
	15:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:30	
	16:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:00	
16:30							Neptun	Neptun	Neptun	Neptun	Neptun	16.30-18.10	16.30-18.10	16:30		
17:00							Neptun	Neptun	Neptun	Neptun	Neptun	e-dal	e-dal	17:00		
17:30							Neptun	Neptun	Neptun	Neptun	Neptun	simskola	simskola	17:30		
18:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00		
18:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30		
19:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	19:00		
19:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	19:30		
20:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	20:00		
20:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	20:30		
21:00						TT triathlon	TT triathlon	TT triathlon	Apnea	Apnea	Apnea	Apnea	21:00			
21:30						TT triathlon	TT triathlon	TT triathlon	Apnea	Apnea	Apnea	Apnea	21:30			

08-feb		Bana																		
		0	1	2	3	4	5	6	7	8	9									
Torsdag	06:00	lekbanor	bröstsimsim	crawl	snabb crawl										06:00					
	06:30										City tria.	City tria.	City tria.			6.45-7.30	06:30			
	07:00											City tria.	City tria.	City tria.	e-dal	e-dal	H20 löp	07:00		
	07:30														crawlkurs	crawlkurs	grupptr.	07:30		
	08:00															e-dal	e-dal	08:00		
	08:30															crawlkurs	crawlkurs	08:30		
	09:00															09.00-11.15	09.00-11.15	09:00		
	09:30															skolsim	skolsim	09:30		
	10:00															skolsim	skolsim	10:00		
	10:30															skolsim	skolsim	10:30		
	11:00											skolsim	skolsim	11:00						
	11:30													11:30						
	12:00													12:00						
	12:30													12:30						
	13:00												13.00-14.50	13.00-14.50	13:00					
	13:30												skolsim	skolsim	13:30					
	14:00												skolsim	skolsim	14:00					
	14:30												skolsim	skolsim	14:30					
	15:00												NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	15:00
	15:30												NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	15:30
	16:00												NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	16:00
16:30												NEC	NEC	NEC	NEC	Neptun	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												Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	19:00	
19:30												Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	19:30	
20:00												Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	20:00	
20:30												Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	20:30	
21:00												SPIF master	SPIF master	SPIF master	Nep masters	Nep masters	Nep masters	Nep masters	21:00	
21:30												SPIF master	SPIF master	SPIF master	Nep masters	Nep masters	Nep masters	Nep masters	21:30	

09-feb		Bana																	
			0	1	2	3	4	5	6	7	8	9							
Fredag	06:00	lekbanor	bröstsims	crawl		snabb crawl	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:00				
	06:30						Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:30			
	07:00						Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	07:00		
	07:30																07:30		
	08:00																08:00		
	08:30															08.30-09.40	08.30-09.40	08:30	
	09:00	lekbanor												skolsim	skolsim	09:00			
	09:30															skolsim	skolsim	09:30	
	10:00																	10:00	
	10:30																	10:30	
	11:00																	11:00	
	11:30																	11:30	
	12:00	rundsims													12.20-14.10	12.20-14.10	12:00		
	12:30																skolsim	skolsim	12:30
	13:00																skolsim	skolsim	13:00
	13:30																skolsim	skolsim	13:30
	14:00																skolsim	skolsim	14:00
	14:30																		14:30
	15:00							Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	15:00				
	15:30							Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	15:30				
16:00							Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	16:00					
16:30							Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	16:30					
17:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00					
17:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30					
18:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00					
18:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30					
19:00							SSIF	SSIF	SSIF	SSIF				19:00					
19:30							SSIF	SSIF	SSIF	SSIF				19:30					
20:00							SSIF	SSIF	SSIF	SSIF				20:00					



11-feb		Bana																		
			0	1	2	3	4	5	6	7	8	9								
Söndag	07:30							07.45	07.45	07.45	07.45	07.45	07.45	07.45	07:30					
	08:00	lekbanor	rundsimsim	bröstsimsim	crawl	snabb crawl	TT	TT	TT	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	08:00					
	08:30						triathlon	triathlon	triathlon	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	08:30					
	09:00																		09:00	
	09:30																			09:30
	10:00																			10:00
	10:30																			10:30
	11:00																	e-dal simskola	e-dal simskola	11:00
	11:30																			11:30
	12:00																	Sthlm SF	Sthlm SF	12:00
	12:30																	Sthlm SF	Sthlm SF	12:30
	13:00																	Sthlm SF	Sthlm SF	13:00
	13:30																	13.45-14.50	13.45-14.50	13:30
	14:00																	e-dal	e-dal	14:00
	14:30																	simskola	simskola	14:30
	15:00																			15:00
	15:30																			15:30
	16:00																			16:00
	16:30														Dolphins	Dolphins	Dolphins			16:30
	17:00														Dolphins	Dolphins	Dolphins			17:00
17:30														Dolphins	Dolphins	Dolphins			17:30	
18:00								SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.			18:00					
18:30								SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.	Hellas	Hellas	18:30					
19:00								SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.	masters	masters	19:00					
19:30								SPIF master	SPIF master	SPIF master	SPIF master	SPIF master	SPIF master		19:30					
20:00								SPIF master	SPIF master	SPIF master	SPIF master	SPIF master	SPIF master		20:00					





14-feb		Bana																
			0	1	2	3	4	5	6	7	8	9						
Onsdag	06:00	lekbanor	bröstsims	crawl	snabb crawl	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:00				
	06:30					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:30			
	07:00					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	07:00		
	07:30															07:30		
	08:00																08:00	
	08:30														08.30-11.00	08.30-11.00	08:30	
	09:00	lekbanor													skolsim	skolsim	09:00	
	09:30														skolsim	skolsim	09:30	
	10:00														skolsim	skolsim	10:00	
	10:30														skolsim	skolsim	10:30	
	11:00																11:00	
	11:30											Neptun	Neptun					11:30
	12:00	Rundsims									kurs	kurs					12:00	
	12:30																12:30	
	13:00																13:00	
	13:30																13:30	
	14:00																14:00	
	14:30																14:30	
	15:00											Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:00
	15:30											Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:30
	16:00											Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:00
16:30								Neptun	Neptun	Neptun	Neptun	16.30-18.10	16.30-18.10	16:30				
17:00							Neptun	Neptun	Neptun	Neptun	e-dal	e-dal	17:00					
17:30							Neptun	Neptun	Neptun	Neptun	simskola	simskola	17:30					
18:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00					
18:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30					
19:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	19:00					
19:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	19:30					
20:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	20:00					
20:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	20:30					
21:00							TT triathlon	TT triathlon	TT triathlon	Apnea	Apnea	Apnea	Apnea	21:00				
21:30							TT triathlon	TT triathlon	TT triathlon	Apnea	Apnea	Apnea	Apnea	21:30				



16-feb		Bana															
			0	1	2	3	4	5	6	7	8	9					
Fredag	06:00		lekbanor	bröstsimsim	crawl	snabb crawl	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:00		
	06:30						Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:30	
	07:00						Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	07:00	
	07:30																07:30
	08:00																
	08:30														08.30-09.40	08.30-09.40	08:30
	09:00														skolsim	skolsim	09:00
	09:30														skolsim	skolsim	09:30
	10:00																10:00
	10:30																10:30
	11:00												11:00				
	11:30												11:30				
	12:00										12.20-14.10	12.20-14.10	12:00				
	12:30										skolsim	skolsim	12:30				
	13:00										skolsim	skolsim	13:00				
	13:30										skolsim	skolsim	13:30				
	14:00										skolsim	skolsim	14:00				
	14:30												14:30				
	15:00		rundsimsim					Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	15:00		
	15:30			Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	15:30						
16:00		Neptun		Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	16:00							
16:30		Neptun		Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	16:30							
17:00		Neptun		Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00							
17:30		Neptun		Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30							
18:00		Neptun		Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00							
18:30		Neptun		Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30							
19:00		SSIF		SSIF	SSIF	SSIF		Nep masters	Nep masters	19:00							
19:30		SSIF		SSIF	SSIF	SSIF		Nep masters	Nep masters	19:30							
20:00		SSIF	SSIF	SSIF	SSIF		Nep masters	Nep masters	20:00								











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