

18-sep		Bana																		
		0	1	2	3	4	5	6	7	8	9									
Måndag	06:00	lekbanor	bröstsim	crawl	snabb crawl	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			06:30					
	07:00					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										GIH	GIH					09:00		
	09:30											GIH	GIH					09:30		
	10:00											GIH	GIH					10:00		
	10:30																	10:30		
	11:00												GIH	GIH					11:00	
	11:30												GIH	GIH					11:30	
	12:00	Rundsims										GIH	GIH					12:00		
	12:30																	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															skolsim	skolsim	15:00		
	15:30															Polisen	Polisen	Polisen	Polisen	15:30
	16:00															Polisen	Polisen	Polisen	Polisen	16:00
16:30												Polisen	Polisen	Polisen	Polisen	16:30				
17:00												Polisen	Polisen	Polisen	Polisen	17:00				
17:30												Polisen	Polisen	Polisen	Polisen	17:30				
18:00												Polisen	Polisen	Polisen	Polisen	18:00				
18:30												Polisen	Polisen	Polisen	Polisen	18:30				
19:00												Polisen	Polisen	Polisen	Polisen	19:00				
19:30											Polisen	Polisen	Polisen	Polisen	19:30					
20:00											Polisen	Polisen	Polisen	Polisen	19:30					
20:30											Polisen	Polisen	Polisen	Polisen	20:00					
21:00											Polisen	Polisen	Polisen	Polisen	20:30					
21:30											SPIF master	SPIF master	SPIF master	SPIF master	21:00					
											SPIF master	SPIF master	SPIF master	SPIF master	21:30					

19-sep		Bana																						
		0	1	2	3	4	5	6	7	8	9													
Tisdag	06:00	lekbanor	bröstsim	crawl	snabb crawl							City tria.	City tria.	City tria.	06:00									
	06:30					SPIF tria.	Evli	Evli	Evli	City tria.	City tria.	City tria.	06:30											
	07:00					SPIF tria.	Evli	Evli	Evli	City tria.	City tria.	City tria.	07:00											
	07:30													07:30										
	08:00														08:00									
	08:30											GIH	GIH	08.35-11.40	08.35-11.40	08:30								
	09:00	lekbanor										GIH	GIH	skolsim	skolsim	09:00								
	09:30											GIH	GIH	skolsim	skolsim	09:30								
	10:00													skolsim	skolsim	10:00								
	10:30											GIH	GIH	skolsim	skolsim	10:30								
	11:00											GIH	GIH	skolsim	skolsim	11:00								
	11:30											GIH	GIH	skolsim	skolsim	11:30								
	12:00													Crawl gruppträning		12:00								
	12:30													kl. 12.15-13.00		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	Rundsims														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													SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	17:00				
17:30													SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	17:30				
18:00													SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	18:00				
18:30													SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	18:30				
19:00													IFK Sthlm	IFK Sthlm	IFK Sthlm	Hellas	Hellas	Hellas	Hellas	19:00				
19:30													IFK Sthlm	IFK Sthlm	IFK Sthlm	Hellas	Hellas	Hellas	Hellas	19:30				
20:00												IFK Sthlm	IFK Sthlm	IFK Sthlm	Hellas	Hellas	Hellas	Hellas	20:00					
20:30												IFK Sthlm	IFK Sthlm	IFK Sthlm	Hellas	Hellas	Hellas	Hellas	20:30					
21:00																Nep masters	Nep masters	Nep masters	Nep masters	21:00				
21:30																Nep masters	Nep masters	Nep masters	Nep masters	21:30				

20-sep		Bana																
			0	1	2	3	4	5	6	7	8	9						
Onsdag	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											GIH	GIH	08.30-11.00	08.30-11.00	08:30		
	09:00	lekbanor									GIH	GIH	skolsim	skolsim	09:00			
	09:30										GIH	GIH	skolsim	skolsim	09:30			
	10:00												skolsim	skolsim	10:00			
	10:30											GIH	GIH	skolsim	skolsim	10:30		
	11:00											GIH	GIH			11:00		
	11:30											GIH	GIH	Neptun	Neptun	11:30		
	12:00												vuxen	vuxen	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				

22-sep		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	06:00			
	06:30						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	07:00		
	07:30															07:30	
	08:00																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	Neptun	Polisen	Polisen	Polisen	15:30						
16:00	Neptun		Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	16:00							
16:30	Neptun		Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	16:30							
17:00	Neptun		Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00							
17:30	Neptun		Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30							
18:00	Neptun		Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00							
18:30	Neptun		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								

Rigg Arne Borg fredag em.

25-sep		Bana																		
		0	1	2	3	4	5	6	7	8	9									
Måndag	06:00	lekbanor	bröstsimsim	crawl	snabb crawl	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			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										GIH	GIH					09:00		
	09:30											GIH	GIH					09:30		
	10:00												GIH	GIH					10:00	
	10:30																		10:30	
	11:00												GIH	GIH					11:00	
	11:30												GIH	GIH					11:30	
	12:00	Rundsimsim										GIH	GIH					12:00		
	12:30																	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															skolsim	skolsim	15:00		
	15:30															Polisen	Polisen	Polisen	Polisen	15:30
	16:00															Polisen	Polisen	Polisen	Polisen	16:00
16:30												Polisen	Polisen	Polisen	Polisen	16:30				
17:00											Polisen	Polisen	Polisen	Polisen	17:00					
17:30											Polisen	Polisen	Polisen	Polisen	17:30					
18:00											Polisen	Polisen	Polisen	Polisen	18:00					
18:30											Polisen	Polisen	Polisen	Polisen	18:30					
19:00											Polisen	Polisen	Polisen	Polisen	19:00					
19:30											Polisen	Polisen	Polisen	Polisen	19:30					
20:00											Polisen	Polisen	Polisen	Polisen	19:30					
20:30											Polisen	Polisen	Polisen	Polisen	20:00					
21:00											Polisen	Polisen	Polisen	Polisen	20:30					
21:30											SPIF master	SPIF master	SPIF master	SPIF master	21:00					
											SPIF master	SPIF master	SPIF master	SPIF master	21:30					
											Apnea	Apnea	Apnea	Apnea	21:00					
											Apnea	Apnea	Apnea	Apnea	21:30					

26-sep		Bana																				
		0	1	2	3	4	5	6	7	8	9											
Tisdag	06:00	lekbanor	bröstsimsim	crawl	snabb crawl							City tria.	City tria.	City tria.	06:00							
	06:30					SPIF tria.	Evli	Evli	Evli	City tria.	City tria.	City tria.	06:30									
	07:00					SPIF tria.	Evli	Evli	Evli	City tria.	City tria.	City tria.	07:00									
	07:30													07:30								
	08:00														08:00							
	08:30											GIH	GIH	08.35-11.40	08.35-11.40	08:30						
	09:00	lekbanor										GIH	GIH	skolsim	skolsim	09:00						
	09:30											GIH	GIH	skolsim	skolsim	09:30						
	10:00													skolsim	skolsim	10:00						
	10:30												GIH	GIH	skolsim	skolsim	10:30					
	11:00												GIH	GIH	skolsim	skolsim	11:00					
	11:30												GIH	GIH	skolsim	skolsim	11:30					
	12:00														Crawl gruppträning		12:00					
	12:30														kl. 12.15-13.00		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	Rundsimsim												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														SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	17:00
	17:30														SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	17:30
18:00											SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	18:00				
18:30											SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	18:30				
19:00											IFK Sthlm	IFK Sthlm	IFK Sthlm	Hellas	Hellas	Hellas	Hellas	19:00				
19:30											IFK Sthlm	IFK Sthlm	IFK Sthlm	Hellas	Hellas	Hellas	Hellas	19:30				
20:00											IFK Sthlm	IFK Sthlm	IFK Sthlm	Hellas	Hellas	Hellas	Hellas	20:00				
20:30											IFK Sthlm	IFK Sthlm	IFK Sthlm	Hellas	Hellas	Hellas	Hellas	20:30				
21:00														Nep masters	Nep masters	Nep masters	Nep masters	21:00				
21:30														Nep masters	Nep masters	Nep masters	Nep masters	21:30				

27-sep		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											GIH	GIH	08.30-11.00	08.30-11.00	08:30
	09:00	Rundsimsim									GIH	GIH	skolsim	skolsim	09:00	
	09:30										GIH	GIH	skolsim	skolsim	09:30	
	10:00												skolsim	skolsim	10:00	
	10:30											GIH	GIH	skolsim	skolsim	10:30
	11:00												GIH	GIH	11:00	
	11:30											Neptun	Neptun	GIH	GIH	11:30
	12:00								vuxen	vuxen			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	15:00			
	15:30							Neptun	Neptun	Neptun	Neptun	Neptun	15:30			
	16:00							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		

28-sep		Bana																		
		0	1	2	3	4	5	6	7	8	9									
Torsdag	06:00	lekbanor	bröstsimsim	crawl		snabb crawl									06:00					
	06:30																		06:30	
	07:00												City tria.	City tria.	City tria.				6.45-7.30	06:30
	07:30												City tria.	City tria.	City tria.	e-dal	e-dal		H20 löp	07:00
	08:00												City tria.	City tria.	City tria.	crawlkurs	crawlkurs		grupptr.	07:30
	08:30																e-dal	e-dal		08:00
	09:00														GIH	GIH	crawlkurs	crawlkurs		08:30
	09:30														GIH	GIH	09.00-11.15	09.00-11.15		09:00
	10:00																skolsim	skolsim		09:30
	10:30																skolsim	skolsim		10:00
	11:00									GIH	GIH	skolsim	skolsim		10:30					
	11:30									GIH	GIH	skolsim	skolsim		11:00					
	12:00														11:30					
	12:30											RFSL			12:00					
	13:00											RFSL			12:30					
	13:30												13.00-14.50	13.00-14.50	13:00					
	14:00												skolsim	skolsim	13:30					
	14:30												skolsim	skolsim	14:00					
	15:00												skolsim	skolsim	14:30					
	15:30		Rundsimsim					NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	15:00					
	16:00							NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	15:30					
16:30								NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	16:00					
17:00								NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	16:30					
17:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	17:00					
18:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	17:30					
18:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	18:00					
19:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	18:30					
19:30								Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	19:00					
20:00								Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	19:30					
20:30							Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	20:00						
21:00							Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	20:30						
21:30							SPIF master	SPIF master	SPIF master	Nep masters	Nep masters	Nep masters	Nep masters	21:00						
							SPIF master	SPIF master	SPIF master	Nep masters	Nep masters	Nep masters	Nep masters	21:30						

29-sep		Bana																	
		0	1	2	3	4	5	6	7	8	9								
Fredag	06:00		bröstsimsim	crawl		snabb crawl	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	06:30				
	07:00						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												GIH	GIH	08.30-09.40	08.30-09.40	08:30		
	09:00	lekbanor												GIH	GIH	skolsim	skolsim	09:00	
	09:30													GIH	GIH	skolsim	skolsim	09:30	
	10:00																	10:00	
	10:30																GIH	GIH	10:30
	11:00																GIH	GIH	11:00
	11:30																GIH	GIH	11:30
	12:00																12.20-14.10	12.20-14.10	12:00
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