

02-okt		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	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			
	09:00	Rundsimsim															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											13.00-15.35	13.00-15.35	13:00			
	13:30											skolsimsim	skolsimsim	13:30			
	14:00											skolsimsim	skolsimsim	14:00			
	14:30											skolsimsim	skolsimsim	14:30			
	15:00							Polisen	Polisen	Polisen	Polisen		skolsimsim	skolsimsim	15:00		
	15:30							Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	15:30		
	16:00							Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	16:00		
16:30						Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	16:30				
17:00						Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	17:00				
17:30						Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	17:30				
18:00						Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	18:00				
18:30						Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	18:30				
19:00						Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	Hellas	19:00				
19:30						Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	Hellas	19:30				
20:00						Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	E-dal	20:00				
20:30						Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	simskola	20:30				
21:00						SPIF master	SPIF master	SPIF master	Apnea	Apnea	Apnea	Apnea	21:00				
21:30						SPIF master	SPIF master	SPIF master	Apnea	Apnea	Apnea	Apnea	21:30				

03-okt		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				

04-okt		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	skolsimsim	skolsimsim	09:00	
	09:30										GIH	GIH	skolsimsim	skolsimsim	09:30	
	10:00												skolsimsim	skolsimsim	10:00	
	10:30											GIH	GIH	skolsimsim	skolsimsim	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		

09-okt		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	Nep masters			06:00					
	06:30					Nep masters	Nep masters	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	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	Neptun	Neptun	Neptun	15:30
	16:00													Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	16:00
16:30										Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	16:30				
17:00										Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	17:00				
17:30										Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	17:30				
18:00										Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	18:00				
18:30										Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	18:30				
19:00										Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	Hellas	19:00				
19:30									Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	Hellas	19:30					
20:00									Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	E-dal	20:00					
20:30									Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	simskola	20:30					
21:00									SPIF master	SPIF master	SPIF master	Apnea	Apnea	Apnea	Apnea	21:00					
21:30									SPIF master	SPIF master	SPIF master	Apnea	Apnea	Apnea	Apnea	21:30					

10-okt		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													08.35-11.40	08.35-11.40	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														skolsim	skolsim	11:00
	11:30														skolsim	skolsim	11:30
	12:00	Rundsims										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						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	21:00				
21:30										Nep masters	Nep masters	Nep masters	21:30				

11-okt		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											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												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					Rundsims							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					

12-okt		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										City tria.	City tria.	City tria.	crawlkurs	crawlkurs		grupptr.	07:30		
	08:00														e-dal	e-dal		08:00		
	08:30													GIH	GIH	crawlkurs	crawlkurs	08:30		
	09:00													GIH	GIH	09.00-11.15	09.00-11.15	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			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					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									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					

13-okt		Bana														
		0	1	2	3	4	5	6	7	8	9					
Fredag	06:00		lekbanor	bröstsim	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	08.30-09.40	08.30-09.40	08:30
	09:00											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								RFSL	12.20-14.10	12.20-14.10	12:00				
	12:30								RFSL	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		rundsims					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		Amöborna	Amöborna	Amöborna	19:00						
19:30		SSIF		SSIF	SSIF		Amöborna	Amöborna	Amöborna	19:30						
20:00		SSIF	SSIF	SSIF		Amöborna	Amöborna	Amöborna	20:00							

14-okt		Bana												
		0	1	2	3	4	5	6	7	8	9			
Lördag	07:30											07:30		
	08:00											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											11:00-12.10	11:00-12.10	11:30
	12:00											e-dal	e-dal	12:00
	12:30											simskola	simskola	12:30
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