

22-okt		Bana																			
			0	1	2	3	4	5	6	7	8	9									
Måndag	06:00	Rundsims	bröstsims				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	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	07:00		
	07:30													team snabbare	team snabbare					07:30	
	08:00													team snabbare	team snabbare					08:00	
	08:30																			08:30	
	09:00																		09:00		
	09:30																		09:30		
	10:00	Lekbanor																		10:00	
	10:30																			10:30	
	11:00																			11:00	
	11:30																			11:30	
	12:00																		H20 löp	12:00	
	12:30																		H20 löp	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	Rundsims												Polisen	Polisen	Polisen	Polisen	Neptun	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	SPIF master	Apnea	Apnea	Apnea	21:00						
21:30								SPIF master	SPIF master	SPIF master	SPIF master	Apnea	Apnea	Apnea	21:30						

25-okt		Bana																	
		0	1	2	3	4	5	6	7	8	9								
Torsdag	06:00	Rundsims	bröstsims			snabb crawl					TeamEnvo	TeamEnvo	06:00						
	06:30						City tria.	City tria.	City tria.		TeamEnvo	TeamEnvo	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						Lekbanor							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	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											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						

26-okt		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	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	07:00	
	07:30																	Evli	07:30	
	08:00																	Evli	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	GIH		10:30
	11:00									GIH	GIH	GIH		11:00						
	11:30									GIH	GIH	GIH		11:30						
	12:00													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												skolsim	skolsim	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	Neptun	Neptun	Neptun	19:00					
19:30								SSIF	SSIF	SSIF	SSIF	Neptun	Neptun	Neptun	19:30					
20:00							SSIF	SSIF	SSIF	SSIF	Neptun	Neptun	Neptun	20:00						

29-okt		Bana															
		0	1	2	3	4	5	6	7	8	9						
Måndag	06:00	Rundsimsim	bröstsimsim	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											team snabbare	team snabbare	Akazie	Akazie	07:30	
	08:00											team snabbare	team snabbare	Akazie	Akazie	08:00	
	08:30															08:30	
	09:00													N.kollo	N.kollo	N.kollo	09:00
	09:30													N.kollo	N.kollo	N.kollo	09:30
	10:00						Lekbanor LOV				bröstsimsim	Crawl	Snabbcrawl				N.kollo
	10:30				N.kollo	N.kollo								N.kollo	10:30		
	11:00													Lovaktiv.	Lovaktiv.	11:00	
	11:30													Lovaktiv.	Lovaktiv.	11:30	
	12:00														H20 löp	12:00	
	12:30														H20 löp	12:30	
	13:00														N.konst	N.konst	13:00
	13:30														N.konst	N.konst	13:30
	14:00														N.konst	N.konst	14:00
	14:30									14:30							
	15:00	Rundsimsim	Bröstsimsim		Crawl	snabbcrawl	Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	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	SPIF master	Apnea	Apnea	Apnea	21:00				
21:30	SPIF master						SPIF master	SPIF master	SPIF master	Apnea	Apnea	Apnea	21:30				

30-okt		Bana																	
			0	1	2	3	4	5	6	7	8	9							
Tisdag	06:00	Rundsimsim	bröstsimsim		crawl		snabb crawl										06:00		
	06:30								Evli	Evli	Evli	City tria.	City tria.	City tria.	06:30				
	07:00								Evli	Evli	Evli	City tria.	City tria.	City tria.	07:00				
	07:30															07:30			
	08:00																08:00		
	08:30																08:30		
	09:00																09:00		
	09:30															N.kollo	N.kollo	N.kollo	09:30
	10:00															N.kollo	N.kollo	N.kollo	10:00
	10:30									N.kollo	N.kollo	N.kollo	10:30						
	11:00									N.kollo	N.kollo	N.kollo	11:00						
	11:30												11:30						
	12:00												12:00						
	12:30											N.konst	N.konst	12:30					
	13:00											N.konst	N.konst	13:00					
	13:30											N.konst	N.konst	13:30					
	14:00													14:00					
	14:30													14:30					
	15:00								NEC	NEC	NEC	NEC					15:00		
	15:30								NEC	NEC	NEC	NEC					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								Spårvägen	Spårvägen	Spårvägen	Neptun	Neptun	Neptun	Neptun		17:00			
17:30								Spårvägen	Spårvägen	Spårvägen	Neptun	Neptun	Neptun	Neptun		17:30			
18:00								Spårvägen	Spårvägen	Spårvägen	Neptun	Neptun	Neptun	Neptun		18:00			
18:30								Spårvägen	Spårvägen	Spårvägen	Neptun	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	Nep masters	Nep masters	Nep masters		21:00			
21:30								Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters		21:30			

01-nov		Bana														
			0	1	2	3	4	5	6	7	8	9				
Torsdag	06:00	Rundsimsim	bröstsimsim		crawl		snabb crawl					TeamEnvo	TeamEnvo		06:00	
	06:30							City tria.	City tria.	City tria.		TeamEnvo	TeamEnvo	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
	09:30														N.kollo	N.kollo
	10:00	Lekbanor					Bröstsimsim	Bröstsimsim	crawl		Snabbcrawl		N.kollo	N.kollo	N.kollo	10:00
	10:30											N.kollo	N.kollo	N.kollo	10:30	
	11:00											N.kollo	N.kollo	N.kollo	11:00	
	11:30												N.konst	N.konst	11:30	
	12:00												N.konst	N.konst	12:00	
	12:30												N.konst	N.konst	12:30	
	13:00													Lovaktiv.	13:00	
	13:30													Lovaktiv.	13:30	
	14:00				14:00											
	14:30				14:30											
	15:00	Rundsimsim	bröstsimsim		Crawl		Snabbcrawl	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				16:00	
	16:30							NEC	NEC	NEC	NEC				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	21:30		

02-nov		Bana																												
			0	1	2	3	4	5	6	7	8	9																		
Fredag	06:00	Rundsimsim	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	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																	Evli	07:30											
	08:00																	Evli	08:00											
	08:30																		08:30											
	09:00																		09:00											
	09:30																	N.kollo	N.kollo	N.kollo	09:30									
	10:00	Lekbanor	LOV			Bröstsimsim			Crawl	Snabbcrawl							N.kollo	N.kollo	N.kollo	10:00										
	10:30																								N.kollo	N.kollo	N.kollo	10:30		
	11:00																									N.kollo	N.kollo	N.kollo	11:00	
	11:30																												11:30	
	12:00																													12:00
	12:30																										N.konst	N.konst		12:30
	13:00																										N.konst	N.konst		13:00
	13:30																										N.konst	N.konst		13:30
	14:00																				14:00									
	14:30																				14:30									
	15:00	rundsimsim	bröstsimsim		crawl		snabbcrawl											Polisen	Polisen	Polisen	15:00									
	15:30																						Polisen	Polisen	Polisen	15:30				
16:00																							Polisen	Polisen	Polisen	16:00				
16:30																								Polisen	Polisen	Polisen	16:30			
17:00																										17:00				
17:30																										17:30				
18:00																										18:00				
18:30																										18:30				
19:00								SSIF	SSIF	SSIF	SSIF	Neptun	Neptun	Neptun						19:00										
19:30								SSIF	SSIF	SSIF	SSIF	Neptun	Neptun	Neptun						19:30										
20:00								SSIF	SSIF	SSIF	SSIF	Neptun	Neptun	Neptun						20:00										

03-nov		Bana																						
		0	1	2	3	4	5	6	7	8	9													
Lördag	07:30														07:30									
	08:00	Rundsim	Bröstsims		Bröstsims	Crawl	Snabbcrawl				07.45-09.00	Neptun	Neptun	Neptun	08:00									
	08:30																	08:30						
	09:00																			09:00				
	09:30																			09:30				
	10:00	lekbanor				Rundsim		Bröstsims	Snabbcrawl								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			Bröstsims		crawl	snabbcrawl										15:30							
	16:00																		16:00					
	16:30																			16:30				
	17:00																			17:00				
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18:00															18:00									
18:30															18:30									
19:00															19:00									
19:30															19:30									

LOV

04-nov		Bana																						
			0	1	2	3	4	5	6	7	8	9												
Söndag	07:30															07:30								
	08:00	rundsims	bröstsims		crawl		snabb crawl	LÖV										08:00						
	08:30																						08:30	
	09:00																							09:00
	09:30																							09:30
	10:00	lekbanor					Bröstsims	Bröstsims	Crawl	Snabbcrawl							10:00							
	10:30																					10:30		
	11:00																						11:00	
	11:30																			Tyresö	Tyresö		11:30	
	12:00																			Tyresö	Tyresö		12:00	
	12:30																			Tyresö	Tyresö		12:30	
	13:00																						13:00	
	13:30																						13:30	
	14:00													14:00										
	14:30													14:30										
	15:00	rundsims	bröstsims		crawl		snabbcrawl										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									