## Stavdal Träningstider Eftersäsong 2018 29/10-31/12 och Försäsong 2019 7/1-14/4

| | Mån | Tis | Ons | Tor | Fre | Lör | Sön | |
|---|---|---|---|---|---|---|---|---|
| 09:00-09.30 | | | | | | | | 09:00-09.30 |
| 09:30-10:00 | | | | | | P12 | P11 | 09:30-10:00 |
| 10:00-10:30 | | | | | | | | 10:00-10:30 |
| 10:30-11:00 | | | | | | | | 10:30-11:00 |
| 11:00-11:30 | | | | | | F07 | F10 | 11:00-11:30 |
| 11:30-12:00 | | | | | | | | 11:30-12:00 |
| 12:00-12:30 | | | | | | | | 12:00-12:30 |
| 12:30-13:00 | | | | | | P13 | P09 | 12:30-13:00 |
| 13:00-13:30 | | | | | | | | 13:00-13:30 |
| 13:30-14:00 | | | | | | | | 13:30-14:00 |
| 14:00-14:30 | | | | | | P10 | P08 | 14:00-14:30 |
| 14:30-15:00 | | | | | | | | 14:30-15:00 |
| 15:00-15:30 | | | | | P07 | | | 15:00-15:30 |
| 15:30-16:00 | | | | | 15:30 - 17:00 | Matchtid | P07 | 15:30-16:00 |
| 16:00-16:30 | | | | | | | | 16:00-16:30 |
| 17:00-17:30 | | | | | | | | 16:30-17:00 |
| 17:30-18:00 | F08 | P10 | F09 | P08 | F08 | Matchtid | F09 | 17:00-17:30 |
| 18:00-18:30 | | | | | | | | 17:30-18:00 |
| 18:30-19:00 | | | | | | | | 18:00-18:30 |
| 19:00-19:30 | P08 | F07 | P07 | P09 | | | P10 | 18:30-19:00 |
| 19:30-20:00 | | | | | | | | 19:00-19:30 |
| 20:00-20:30 | | | | | | | | 19:30-20:00 |
| 20:30-21:00 | | | | | | | | 20:00-20:30 |
| 21:00-21:30 | | | | | | | | 20:30-21:00 |