# Träningstider och grupper IFK hallen

***Uppdaterat juni 2018***

| Tid / pass | Måndag | | | | | | Tisdag | | | | | | | | Onsdag | | | | | Tid / pass |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 09:00 - 12:00 | | | | | | | | | | | | | | | | | | | | 09:00 - 12:00 |
| 12:00 - 16:00 | | | | | | | | | | | | | | | | | | | | 12:00 - 16:00 |
| 16:00 - 16:30 | Veteran-grupp | 16:45: 2010-2011 BLÅ | Henrik och Jonas (GYM) | Medel Lång | 18.15 2008-2009 BLÅ | Anders och Ola | | 16:45: 2010-2011 VIT | | | | Kyllan Quick | 17:45 - 19:45 : Henrik och Jonas | | | | 16:45: 2008-2009 VIT | | | 16:00 - 16:30 |
| 16:30 - 17:00 | | | | | | | | | 2006-2007 VIT | | Höjd Gruppen | | | | 2006-2007 BLÅ | 17:45 - 19:45 : Henrik Garmark | Höjd Gruppen | 2004-2005 Ville & Saga | | 16:30 - 17:00 |
| 17:00 - 17:30 | | | | | | | | | | | | | | | | | | | | 17:00 - 17:30 |
| 17:30 - 18:00 | | | | | | | | Micke och Emil | | | | | | | | | | | | 17:30 - 18:00 |
| 18:00 - 18:30 | Höjd Gruppen | Stavgrupp (Vahid) | | | | | | | | | | | | | | | | | | 18:00 - 18:30 |
| 18:30 - 19:00 | | | | | | | | | | | | | | | | | | | | 18:30 - 19:00 |
| 19:00 - 19:30 | | | | | | | | | | | | | | | | | | | | 19:00 - 19:30 |
| 19:30 - 20:00 | | | | | | | | | | | | | | | | | | | | 19:30 - 20:00 |
| 20:00 - 20:30 | | | | | | Anders och Ola | | | | | | | Anders och Ola | | | | | | | 20:00 - 20:30 |
| 20:30 - 21:00 | | | | | | | | | | | | | | | | | | | | 20:30 - 21:00 |
| 21:00 - 21:30 | | | | | | | | | | | | | | | | | | | | 21:00 - 21:30 |
| 21:30 - 22:00 | | | | | | | | | | | | | | | | | | | | 21:30 - 22:00 |
| 22:00 - 22:30 | | | | | | | | | | | | | | | | | | | | 22:00 - 22:30 |

| Tid / pass | Torsdag | | | | | | Fredag | | Tid / pass | Lördag | | | Söndag | | | | | Tid / pass |
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| 10:00 - 11:30 | | | | | | | | | 10:00 - 11:30 | | | | | | | | | 10:00 - 11:30 |
| 10:30 - 11:00 | | | | | | | | | 10:30 - 11:00 | | | | | | | | | 10:30 - 11:00 |
| 11:00 - 11:30 | | | | | | | | | 11:00 - 11:30 | Höjd Gruppen | | Medel Lång | | 2006-2007 ALLA | 2008-2009 SVART | | 2004-2005 Ville & Saga | 11:00 - 11:30 |
| 11:30 - 12:00 | | | | | | | | | 11:30 - 12:00 | | | | Henrik och Jonas | | | | | 11:30 - 12:00 |
| 12:00 - 12:30 | | | | | | | | | 12:00 - 12:30 | | | | | | | | | 12:00 - 12:30 |
| 12:30 - 13:00 | | | | | | | | | 12:30 - 13:00 | | | | | | | | | 12:30 - 13:00 |
| 13:00 - 13:30 | | | | | | | | | 13:00 - 13:30 | | | | | | | | | 13:00 - 13:30 |
| 13:30 - 14:00 | | | | | | | | | 13:30 - 14:00 | | | | | | | | | 13:30 - 14:00 |
| 14:00 - 14:30 | | | | | | | | | 14:00 - 14:30 | | | Anders och Ola | | | | | | 14:00 - 14:30 |
| 14:30 - 15:00 | | | | | | | | | 14:30 - 15:00 | | | | | | | | | 14:30 - 15:00 |
| 15:00 - 15:30 | | | | | | | | | 15:00 - 15:30 | **SSFIF** | | | | | | | | 15:00 - 15:30 |
| 15:30 - 16:00 | | | | | | | | | 15:30 - 16:00 | **SSFIF** | | | | Micke och Emil | | | | 15:30 - 16:00 |
| 16:00 - 16:30 | Veteran-grupp | | | | | | | | 16:00 - 16:30 | | | | | | Vuxen Grupp 1 | | | 16:00 - 16:30 |
| 16:30 - 17:00 | | | | | | | | | 16:30 - 17:00 | | | | | | | | | 16:30 - 17:00 |
| 17:00 - 17:30 | | | | 2008-2009 ALLA | | | 2004-2005 Ville & Saga | Micke och Emil | 17:00 - 17:30 | | | | | | | | | 17:00 - 17:30 |
| 17:30 - 18:00 | | | Henrik och Jonas | | | Kyllan Quick 17.30-20.00 | | | 17:30 - 18:00 | | | | | | | | | 17:30 - 18:00 |
| 18:00 - 18:30 | Micke och Emil | Vahid | | | | | | | 18:00 - 18:30 | | | | | | | | | 18:00 - 18:30 |
| 18:30 - 19:00 | | | | Medel Lång | Höjd Gruppen | | | | 18:30 - 19:00 | | | | | | | | | 18:30 - 19:00 |
| 19:00 - 19:30 | | Anders och Ola | | | | | | | 19:00 - 19:30 | | | | | | | | | 19:00 - 19:30 |
| 19:30 - 20:00 | | | | | | | | | 19:30 - 20:00 | | | | | | | | | 19:30 - 20:00 |
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| 21:30 - 22:00 | | | | | | | | | 21:30 - 22:00 | | | | | | | | | 21:30 - 22:00 |
| 22:00 - 22:30 | | | | | | | | | 22:00 - 22:30 | | | | | | | | | 22:00 - 22:30 |