

Måndag		O	1	2	3	4	5	6	7	8	9	10	11	01-dec
06:00-06:30					Neptun Master (simbana)			Neptun Masters	06:00-06:30					
06:30-07:00	Neptun Hopp				Neptun Master (simbana)			Neptun Masters	06:30-07:00					
07:00-07:30	Neptun Hopp				Neptun Master (simbana)			Neptun Masters	07:00-07:30					
07:30-08:00	Neptun Hopp				Finansinspektionen (1 bana)			Neptun Masters	Neptun Masters	EVLI	EVLI	Team Snabbare	Team Snabbare	07:30-08:00
08:00-08:30					Finansinspektionen (1 bana)			Neptun Masters	Neptun Masters	EVLI	EVLI	Team Snabbare	Team Snabbare	08:00-08:30
08:30-09:00														08:30-09:00
09:00-09:30														09:00-09:30
09:30-10:00														09:30-10:00
10:00-10:30														10:00-10:30
10:30-11:00														10:30-11:00
11:00-11:30												SPIF Masters	SPIF Masters	11:00-11:30
11:30-12:00												SPIF Masters	SPIF Masters	11:30-12:00
12:00-12:30												SPIF Masters	SPIF Masters	12:00-12:30
12:30-13:00														12:30-13:00
13:00-13:30														13:00-13:30
13:30-14:00														13:30-14:00
14:00-14:30														14:00-14:30
14:30-15:00														14:30-15:00
15:00-15:30	Neptun Hopp				Polisen hopp			SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00	Neptun Hopp				Polisen hopp			SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30	Neptun Hopp				Polisen hopp			SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00	Neptun Hopp				Polisen hopp			SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30	Neptun Hopp				Polisen hopp			SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00	Neptun Hopp				Polisen hopp			SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30	Neptun Hopp				Polisen hopp			SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00	Neptun Hopp				Polisen hopp			SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30	Neptun Hopp				Polisen hopp			SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	19:00-19:30
19:30-20:00	Neptun Masters				Polisen hopp			SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	19:30-20:00
20:00-20:30								SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	20:00-20:30
20:30-21:00	Rundsim	Bröstsims	Crawl	Crawl				SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	20:30-21:00
21:00-21:30								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	21:00-21:30
21:30-22:00		5m djup						SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	21:30-22:00





Torsdag		O	1	2	3	4	5	6	7	8	9	10	11	O4-dec					
06:00-06:30	Rundsim													06:00-06:30					
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	06:30-07:00					
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	07:00-07:30					
07:30-08:00							Atlas Copco	Atlas Copco	TOVE & CO	Neptun Masters	Neptun Masters	EVLI	EVLI	07:30-08:00					
08:00-08:30							Atlas Copco	Atlas Copco	TOVE & CO	Neptun Masters	Neptun Masters	EVLI	EVLI	08:00-08:30					
08:30-09:00												NIU	NIU	08:30-09:00					
09:00-09:30												NIU	NIU	09:00-09:30					
09:30-10:00												NIU	NIU	09:30-10:00					
10:00-10:30	Lek	Bröstsims		Crawl	Crawl	Snabb-bana	skola	skola	skola	skola	skola			10:00-10:30					
10:30-11:00																			10:30-11:00
11:00-11:30												SPIF Masters	11:00-11:30						
11:30-12:00												SPIF Masters	11:30-12:00						
12:00-12:30												SPIF Masters	12:00-12:30						
12:30-13:00												SPIF Masters	12:30-13:00						
13:00-13:30																			13:00-13:30
13:30-14:00																			13:30-14:00
14:00-14:30								14:00-14:30											
14:30-15:00								14:30-15:00											
15:00-15:30	Rundsim			Crawl	Crawl	Snabb-bana	NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:00-15:30					
15:30-16:00							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:30-16:00					
16:00-16:30							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	16:00-16:30					
16:30-17:00							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	16:30-17:00					
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30					
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00					
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30					
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00					
19:00-19:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:00-19:30					
19:30-20:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:30-20:00					
20:00-20:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	20:00-20:30					
20:30-21:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	20:30-21:00				
21:00-21:30							Neptun Masters	SPIF Masters	SPIF Masters	SPIF Masters	21:00-21:30								
21:30-22:00							Neptun Masters	SPIF Masters	SPIF Masters	SPIF Masters	21:30-22:00								

Fredag		O	1	2	3	4	5	6	7	8	9	10	11	O5-dec						
06:00-06:30	Rundsim	Bröstsims		Crawl	Crawl	Snabb-bana	Neptun Masters	06:00-06:30												
06:30-07:00							Neptun Masters	06:30-07:00												
07:00-07:30							Neptun Masters	APNEA	APNEA	07:00-07:30										
07:30-08:00							SPIF Masters	SPIF Masters	KTH	APNEA	APNEA	07:30-08:00								
08:00-08:30							SPIF Masters	SPIF Masters	KTH	APNEA	APNEA	08:00-08:30								
08:30-09:00																			08:30-09:00	
09:00-09:30																			09:00-09:30	
09:30-10:00																			09:30-10:00	
10:00-10:30	Lek																		10:00-10:30	
10:30-11:00																			10:30-11:00	
11:00-11:30																		SPIF J.S.	11:00-11:30	
11:30-12:00																		SPIF J.S.	11:30-12:00	
12:00-12:30																		Neptun Masters	Neptun Masters	12:00-12:30
12:30-13:00																		Neptun Masters	Neptun Masters	12:30-13:00
13:00-13:30																			13:00-13:30	
13:30-14:00																			13:30-14:00	
14:00-14:30																			14:00-14:30	
14:30-15:00																			14:30-15:00	
15:00-15:30	Rundsim						SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30						
15:30-16:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00						
16:00-16:30								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:00-16:30						
16:30-17:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:30-17:00						
17:00-17:30								SK Neptun	17:00-17:30											
17:30-18:00								SK Neptun	17:30-18:00											
18:00-18:30								SK Neptun	18:00-18:30											
18:30-19:00								SK Neptun	18:30-19:00											
19:00-19:30								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30					
19:30-20:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00					
20:00-20:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30						
20:30-21:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00						





Måndag		O	1	2	3	4	5	6	7	8	9	10	11	O8-dec				
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	Neptun Masters	06:00-06:30											
06:30-07:00						Neptun Masters	06:30-07:00											
07:00-07:30						Neptun Masters	07:00-07:30											
07:30-08:00						Finansinsp.					EVLI	EVLI	Team Snabbare	Team Snabbare	07:30-08:00			
08:00-08:30						Finansinsp.					EVLI	EVLI	Team Snabbare	Team Snabbare	08:00-08:30			
08:30-09:00															08:30-09:00			
09:00-09:30														09:00-09:30				
09:30-10:00														09:30-10:00				
10:00-10:30	Lek																10:00-10:30	
10:30-11:00																	10:30-11:00	
11:00-11:30																	11:00-11:30	
11:30-12:00																	11:30-12:00	
12:00-12:30																	12:00-12:30	
12:30-13:00																	12:30-13:00	
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13:30-14:00																	13:30-14:00	
14:00-14:30																	14:00-14:30	
14:30-15:00																14:30-15:00		
15:00-15:30	Rundsim						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:30-17:00				
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30				
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00				
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30				
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	20:00-20:30				
20:30-21:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	20:30-21:00				
21:00-21:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	Apnea	21:00-21:30				
21:30-22:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	Apnea	21:30-22:00				



Onsdag		O	1	2	3	4	5	6	7	8	9	10	11	10-dec					
06:00-06:30	Rundsim	Bröstsims		Crawl	Crawl	Snabb-bana	Neptun Masters	06:00-06:30											
06:30-07:00							Neptun Masters	06:30-07:00											
07:00-07:30							Neptun Masters	07:00-07:30											
07:30-08:00								Team Jarla	Team Jarla	EVLI	EVLI	Team Snabbare	Team Snabbare	07:30-08:00					
08:00-08:30								Team Jarla	Team Jarla	EVLI	EVLI	Team Snabbare	Team Snabbare	08:00-08:30					
08:30-09:00														08:30-09:00					
09:00-09:30													09:00-09:30						
09:30-10:00													09:30-10:00						
10:00-10:30	Lek																	10:00-10:30	
10:30-11:00																		10:30-11:00	
11:00-11:30																			11:00-11:30
11:30-12:00																			11:30-12:00
12:00-12:30																			12:00-12:30
12:30-13:00																			12:30-13:00
13:00-13:30																		13:00-13:30	
13:30-14:00																		13:30-14:00	
14:00-14:30																		14:00-14:30	
14:30-15:00																		14:30-15:00	
15:00-15:30	Rundsim						SK Neptun	15:00-15:30											
15:30-16:00							SK Neptun	15:30-16:00											
16:00-16:30							SK Neptun	16:00-16:30											
16:30-17:00							SK Neptun	16:30-17:00											
17:00-17:30							SK Neptun	17:00-17:30											
17:30-18:00							SK Neptun	17:30-18:00											
18:00-18:30							SK Neptun	18:00-18:30											
18:30-19:00							SK Neptun	18:30-19:00											
19:00-19:30							SK Neptun	19:00-19:30											
19:30-20:00							SK Neptun	19:30-20:00											
20:00-20:30							SK Neptun	20:00-20:30											
20:30-21:00							SK Neptun	20:30-21:00											
21:00-21:30							SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	APNEA	21:00-21:30					
21:30-22:00							SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	APNEA	21:30-22:00					

Torsdag		O	1	2	3	4	5	6	7	8	9	10	11	11-dec											
06:00-06:30	Rundsim													06:00-06:30											
06:30-07:00														SCT	SCT	SCT	SCT	06:30-07:00							
07:00-07:30															SCT	SCT	SCT	SCT	07:00-07:30						
07:30-08:00													Atlas Copco	Atlas Copco	TOVE & CO			EVLI	EVLI	07:30-08:00					
08:00-08:30													Atlas Copco	Atlas Copco	TOVE & CO			EVLI	EVLI	08:00-08:30					
08:30-09:00																				08:30-09:00					
09:00-09:30																				09:00-09:30					
09:30-10:00																				09:30-10:00					
10:00-10:30							Lek	Bröstsims		Crawl	Crawl	Snabb-bana	skola	skola	skola	skola	skola			10:00-10:30					
10:30-11:00																									
11:00-11:30																							SPIF Masters	SPIF Masters	11:00-11:30
11:30-12:00																							SPIF Masters	SPIF Masters	11:30-12:00
12:00-12:30																							SPIF Masters	SPIF Masters	12:00-12:30
12:30-13:00																							SPIF Masters	SPIF Masters	12:30-13:00
13:00-13:30																									13:00-13:30
13:30-14:00																									13:30-14:00
14:00-14:30																									14:00-14:30
14:30-15:00																									14:30-15:00
15:00-15:30	Rundsim						NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:00-15:30											
15:30-16:00							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:30-16:00											
16:00-16:30							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	16:00-16:30											
16:30-17:00							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	16:30-17:00											
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30											
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00											
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30											
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00											
19:00-19:30																			19:00-19:30						
19:30-20:00																				19:30-20:00					
20:00-20:30														20:00-20:30											
20:30-21:00											SPIF Masters	SPIF Masters	SPIF Masters	20:30-21:00											
21:00-21:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	SPIF Masters	SPIF Masters	SPIF Masters	21:00-21:30											
21:30-22:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	SPIF Masters	SPIF Masters	SPIF Masters	21:30-22:00											

Fredag		O	1	2	3	4	5	6	7	8	9	10	11	12-dec				
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	Neptun Masters	06:00-06:30											
06:30-07:00						Neptun Masters	06:30-07:00											
07:00-07:30						Neptun Masters	APNEA	APNEA	07:00-07:30									
07:30-08:00						SPIF Masters	SPIF Masters	KTH	APNEA	APNEA	07:30-08:00							
08:00-08:30						SPIF Masters	SPIF Masters	KTH	APNEA	APNEA	08:00-08:30							
08:30-09:00																	08:30-09:00	
09:00-09:30																		09:00-09:30
09:30-10:00																		09:30-10:00
10:00-10:30	Lek																	10:00-10:30
10:30-11:00																		10:30-11:00
11:00-11:30																		11:00-11:30
11:30-12:00																		11:30-12:00
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13:30-14:00														13:30-14:00				
14:00-14:30														14:00-14:30				
14:30-15:00														14:30-15:00				
15:00-15:30	Rundsim						SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30			
16:30-17:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00			
17:00-17:30								SK Neptun	17:00-17:30									
17:30-18:00								SK Neptun	17:30-18:00									
18:00-18:30								SK Neptun	18:00-18:30									
18:30-19:00								SK Neptun	18:30-19:00									
19:00-19:30											SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30			
19:30-20:00											SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00			
20:00-20:30										SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30				
20:30-21:00										SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00				





Måndag		O	1	2	3	4	5	6	7	8	9	10	11	15-dec				
06:00-06:30	Rundsim					Snabb-bana	Neptun Masters	06:00-06:30										
06:30-07:00							Neptun Masters	06:30-07:00										
07:00-07:30							Neptun Masters	07:00-07:30										
07:30-08:00								Neptun Masters	Neptun Masters	EVLI	EVLI	Team Snabbare	Team Snabbare	07:30-08:00				
08:00-08:30								Neptun Masters	Neptun Masters	EVLI	EVLI	Team Snabbare	Team Snabbare	08:00-08:30				
08:30-09:00														08:30-09:00				
09:00-09:30								09:00-09:30										
09:30-10:00								09:30-10:00										
10:00-10:30	Lek	Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola				10:00-10:30				
10:30-11:00														10:30-11:00				
11:00-11:30														11:00-11:30				
11:30-12:00														11:30-12:00				
12:00-12:30														12:00-12:30				
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14:00-14:30								14:00-14:30										
14:30-15:00								14:30-15:00										
15:00-15:30	Rundsim				Snabb-bana		SPIF	SPIF	SPIF	SPIF	SK Neptun			15:00-15:30				
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:30-17:00				
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30				
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00				
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30				
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	20:00-20:30				
20:30-21:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	20:30-21:00				
21:00-21:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	Apnea	21:00-21:30				
21:30-22:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	Apnea	21:30-22:00				



Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	17-dec				
06:00-06:30	Rundsim	Bröstsimsim	1			Snabb-bana	Neptun Masters	06:00-06:30										
06:30-07:00							Neptun Masters	06:30-07:00										
07:00-07:30							Neptun Masters	07:00-07:30										
07:30-08:00								Team Jarla	Team Jarla	EVLI	EVLI	Team Snabbare	Team Snabbare	07:30-08:00				
08:00-08:30								Team Jarla	Team Jarla	EVLI	EVLI	Team Snabbare	Team Snabbare	08:00-08:30				
08:30-09:00														08:30-09:00				
09:00-09:30	Lek				2					Skola	Skola	Skola	Skola	Skola				09:00-09:30
09:30-10:00																		09:30-10:00
10:00-10:30																		10:00-10:30
10:30-11:00																		10:30-11:00
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14:00-14:30																		14:00-14:30
14:30-15:00																		14:30-15:00
15:00-15:30	Rundsim		3							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30	
15:30-16:00										SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00	
16:00-16:30										SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30	
16:30-17:00										SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00	
17:00-17:30										SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30	
17:30-18:00										SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00	
18:00-18:30				SK Neptun	SK Neptun				SK Neptun	18:00-18:30								
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20:30-21:00				SK Neptun	SK Neptun				SK Neptun	20:30-21:00								
21:00-21:30										APNEA	APNEA	APNEA	APNEA	21:00-21:30				
21:30-22:00										APNEA	APNEA	APNEA	APNEA	21:30-22:00				

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	18-dec					
06:00-06:30	Rundsim	Bröstsims	1	2	3	4								06:00-06:30					
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	06:30-07:00					
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	07:00-07:30					
07:30-08:00							Atlas Copco	Atlas Copco	TOVE & CO	Neptun Masters	Neptun Masters	EVLI	EVLI	07:30-08:00					
08:00-08:30	Atlas Copco						Atlas Copco	TOVE & CO	Neptun Masters	Neptun Masters	EVLI	EVLI	08:00-08:30						
08:30-09:00													08:30-09:00						
09:00-09:30													09:00-09:30						
09:30-10:00													09:30-10:00						
10:00-10:30	Lek																		10:00-10:30
10:30-11:00																			10:30-11:00
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14:00-14:30													14:00-14:30						
14:30-15:00													14:30-15:00						
15:00-15:30	Rundsim						NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:00-15:30					
15:30-16:00							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:30-16:00					
16:00-16:30							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	16:00-16:30					
16:30-17:00							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	16:30-17:00					
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30					
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00					
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30					
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00					
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20:00-20:30													20:00-20:30						
20:30-21:00												SPIF Masters	SPIF Masters	20:30-21:00					
21:00-21:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters		SPIF Masters	SPIF Masters	21:00-21:30					
21:30-22:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters		SPIF Masters	SPIF Masters	21:30-22:00					

Fredag		O	1	2	3	4	5	6	7	8	9	10	11	19-dec															
06:00-06:30	Rundsim	Bröstsims	1	2	3	4	Neptun Masters	06:00-06:30																					
06:30-07:00							Neptun Masters	06:30-07:00																					
07:00-07:30							Neptun Masters	APNEA	APNEA	07:00-07:30																			
07:30-08:00									KTH	APNEA	APNEA	07:30-08:00																	
08:00-08:30									KTH	APNEA	APNEA	08:00-08:30																	
08:30-09:00	Lek						Bröstsims	1	2	3	4	Skola	Skola	Skola	Skola	Skola			08:30-09:00										
09:00-09:30																												09:00-09:30	
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15:00-15:30	Rundsim	Bröstsims	1	2	3	4						SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30										
15:30-16:00												SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00						
16:00-16:30							SPIF	SPIF	SPIF	SK Neptun	16:00-16:30																		
16:30-17:00							SPIF	SPIF	SPIF	SK Neptun	16:30-17:00																		
17:00-17:30							SK Neptun	SK Neptun	17:00-17:30																				
17:30-18:00							SK Neptun	SK Neptun	17:30-18:00																				
18:00-18:30							SK Neptun	SK Neptun	18:00-18:30																				
18:30-19:00							SK Neptun	SK Neptun	18:30-19:00																				
19:00-19:30													SK Neptun	SK Neptun	19:00-19:30														
19:30-20:00													SK Neptun	SK Neptun	19:30-20:00														
20:00-20:30														Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30											
20:30-21:00														Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00											



