

Måndag	0	1	2	3	4	5	6	7	8	9	13-jan										
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						05:45-06:00									
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:00-06:30									
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:30-07:00									
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:00-07:30									
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:30-08:00									
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC						08:00-08:30									
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC						08:30-09:00									
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC						09:00-09:30									
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC						09:30-10:00									
10:00-10:30							Crawl	Bröstsims	Rundsims	Snabb-bana	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	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30										
15:30-16:00	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00										
16:00-16:30	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30										
16:30-17:00	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00										
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30	
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00
19:00-19:30											19:00-19:30										
19:30-20:00											19:30-20:00										
20:00-20:30	Hellas VP										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										

Med reservation för ändringar

Tisdag	0	1	2	3	4	5	6	7	8	9	14-jan																				
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00																				
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:00-06:30																	
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:30-07:00																	
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:00-07:30																	
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:30-08:00																	
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								08:00-08:30																	
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								08:30-09:00																	
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								09:00-09:30																	
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								09:30-10:00																	
10:00-10:30										Snabb-bana				10:00-10:30																	
10:30-11:00															10:30-11:00																
11:00-11:30															11:00-11:30																
11:30-12:00	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters											11:30-12:00																
12:00-12:30	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters											12:00-12:30																
12:30-13:00															12:30-13:00																
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14:30-15:00															14:30-15:00																
15:00-15:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30									
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00								
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30								
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00								
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30								
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00								
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30								
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00								
19:00-19:30																						19:00-19:30									
19:30-20:00											SKK VP																	19:30-20:00			
20:00-20:30																														20:00-20:30	
20:30-21:00																															20:30-21:00
21:00-21:30	SCT	SCT	SCT	SCT	SCT							Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins		21:00-21:30								
21:30-22:00	SCT	SCT	SCT	SCT	SCT							Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins		21:30-22:00								

Med reservation för ändringar

Onsdag	0	1	2	3	4	5	6	7	8	9	15-jan																								
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00																								
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:00-06:30																					
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:30-07:00																					
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:00-07:30																					
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:30-08:00																					
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								08:00-08:30																					
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								08:30-09:00																					
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								09:00-09:30																					
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								09:30-10:00																					
10:00-10:30										Snabb-bana				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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14:00-14:30												14:00-14:30																							
14:30-15:00												14:30-15:00																							
15:00-15:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30													
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00												
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30												
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00												
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30												
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00												
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30												
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00												
19:00-19:30																						19:00-19:30													
19:30-20:00											Neptun VP																	19:30-20:00							
20:00-20:30																													20:00-20:30						
20:30-21:00																													20:30-21:00						
21:00-21:30																					Strömstarar kanot														21:00-21:30
21:30-22:00																																			21:30-22:00

Med reservation för ändringar

Torsdag	0	1	2	3	4	5	6	7	8	9	16-jan												
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00												
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:00-06:30									
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:30-07:00									
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:00-07:30									
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:30-08:00									
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								08:00-08:30									
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								08:30-09:00									
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								09:00-09:30									
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC								09:30-10:00									
10:00-10:30										Snabb-bana				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															12:00-12:30								
12:30-13:00															12:30-13:00								
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14:00-14:30															14:00-14:30								
14:30-15:00															14:30-15:00								
15:00-15:30	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30	
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00
17:00-17:30	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30
17:30-18:00	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF VP	SPIF VP	x	18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF VP	SPIF VP	x	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																					20:30-21:00		
21:00-21:30	SCT	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins													21:00-21:30	
21:30-22:00	SCT	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins														21:30-22:00

Med reservation för ändringar

Fredag	0	1	2	3	4	5	6	7	8	9	17-jan										
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						05:45-06:00									
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:00-06:30									
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:30-07:00									
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:00-07:30									
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:30-08:00									
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC						08:00-08:30									
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC						08:30-09:00									
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC						09:00-09:30									
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC						09:30-10:00									
10:00-10:30							Crawl	Bröstsims	Rundsims		10:00-10:30										
10:30-11:00													10:30-11:00								
11:00-11:30													11:00-11:30								
11:30-12:00	Swimcoach U.H.												11:30-12:00								
12:00-12:30	Swimcoach U.H.									Snabb-bana			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	NEC	NEC	NEC	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30										
15:30-16:00	NEC	NEC	NEC	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00										
16:00-16:30	NEC	NEC	NEC	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30										
16:30-17:00	NEC	NEC	NEC	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00										
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30	
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	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											20:30-21:00										

Med reservation för ändringar

Lördag	0	1	2	3	4	5	6	7	8	9	18-jan
07:45-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	07:45-08:00
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	08:00-08:30
08:30-09:00	NEC	NEC	NEC	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	08:30-09:00
09:00-09:30	NEC	NEC	NEC	NEC		snabb-bana	Crawl	Bröstsims	Rundsims		09:00-09:30
09:30-10:00	NEC	NEC	NEC	NEC						09:30-10:00	
10:00-10:30	NEC	NEC	NEC	NEC						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	Elitserien vattenpolo									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										15:00-15:30	
15:30-16:00										15:30-16:00	
16:00-16:30										16:00-16:30	
16:30-17:00										16:30-17:00	
17:00-17:30										17:00-17:30	
17:30-18:00										17:30-18:00	
18:00-18:30	18:00-18:30										
18:30-19:00	18:30-19:00										

Med reservation för ändringar

Söndag	0	1	2	3	4	5	6	7	8	9	19-jan
07:45-08:00	Elitserien vattenpolo										07:45-08:00
08:00-08:30											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											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						Snabb-bana	Crawl	Bröstsims	Rundsim	15:00-15:30	
15:30-16:00										15:30-16:00	
16:00-16:30										16:00-16:30	
16:30-17:00										16:30-17:00	
17:00-17:30										17:00-17:30	
17:30-18:00						17:30-18:00					
18:00-18:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	18:00-18:30	
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	18:30-19:00	
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	19:00-19:30	
19:30-20:00	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters			19:30-20:00	
20:00-20:30	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters			20:00-20:30	
20:30-21:00										20:30-21:00	

Med reservation för ändringar

Måndag	0	1	2	3	4	5	6	7	8	9	20-jan										
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						05:45-06:00									
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:00-06:30									
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:30-07:00									
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:00-07:30									
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:30-08:00									
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC						08:00-08:30									
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC						08:30-09:00									
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC						09:00-09:30									
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC						09:30-10:00									
10:00-10:30							Crawl	Bröstsims	Rundsims		10:00-10:30										
10:30-11:00											Snabb-bana	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			NEC	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30										
15:30-16:00			NEC	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00										
16:00-16:30			NEC	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30										
16:30-17:00			NEC	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00										
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30	
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00
19:00-19:30											19:00-19:30										
19:30-20:00											19:30-20:00										
20:00-20:30	Hellas VP										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										

Med reservation för ändringar

Tisdag	0	1	2	3	4	5	6	7	8	9	21-jan																		
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00																		
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:00-06:30															
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:30-07:00															
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:00-07:30															
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:30-08:00															
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC								08:00-08:30															
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC								08:30-09:00															
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC								09:00-09:30															
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC								09:30-10:00															
10:00-10:30										Snabb-bana				10:00-10:30															
10:30-11:00															10:30-11:00														
11:00-11:30															11:00-11:30														
11:30-12:00	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters											11:30-12:00														
12:00-12:30	SPIF Masters	SPIF Masters	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	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30							
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00						
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30						
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00						
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30						
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00						
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30						
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00						
19:00-19:30																						19:00-19:30							
19:30-20:00											SKK VP																	19:30-20:00	
20:00-20:30																													20:00-20:30
20:30-21:00																													20:30-21:00
21:00-21:30	SCT	SCT	SCT	SCT	SCT								Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins		21:00-21:30							
21:30-22:00	SCT	SCT	SCT	SCT	SCT								Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins		21:30-22:00							

Med reservation för ändringar

Onsdag	0	1	2	3	4	5	6	7	8	9	22-jan												
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						05:45-06:00											
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:00-06:30											
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:30-07:00											
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:00-07:30											
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:30-08:00											
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:00-08:30											
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:30-09:00											
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						09:00-09:30											
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						09:30-10:00											
10:00-10:30							Crawl	Bröstsims	Rundsims		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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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	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30	
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00
19:00-19:30											19:00-19:30												
19:30-20:00	Neptun VP										19:30-20:00												
20:00-20:30											20:00-20:30												
20:30-21:00											20:30-21:00												
21:00-21:30	Brunnsviken Kanot										21:00-21:30												
21:30-22:00											21:30-22:00												

Med reservation för ändringar

Torsdag	0	1	2	3	4	5	6	7	8	9	23-jan											
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00											
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:00-06:30								
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:30-07:00								
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:00-07:30								
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:30-08:00								
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF								08:00-08:30								
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF								08:30-09:00								
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF								09:00-09:30								
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF								09:30-10:00								
10:00-10:30										Snabb-bana				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	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30	
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00
17:00-17:30	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30
17:30-18:00	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF VP	SPIF VP	x	18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF VP	SPIF VP	x	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																					20:30-21:00	
21:00-21:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins								21:00-21:30	
21:30-22:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins								21:30-22:00	

Med reservation för ändringar

Fredag	0	1	2	3	4	5	6	7	8	9	24-jan										
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						05:45-06:00									
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:00-06:30									
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:30-07:00									
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:00-07:30									
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:30-08:00									
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:00-08:30									
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:30-09:00									
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						09:00-09:30									
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						09:30-10:00									
10:00-10:30							Crawl	Bröstsims	Rundsims			10:00-10:30									
10:30-11:00												10:30-11:00									
11:00-11:30												11:00-11:30									
11:30-12:00	Swimcoach U.H.											11:30-12:00									
12:00-12:30	Swimcoach U.H.											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				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30									
15:30-16:00				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00									
16:00-16:30				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30									
16:30-17:00				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00									
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30	
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	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													20:30-21:00								

Med reservation för ändringar

Lördag	0	1	2	3	4	5	6	7	8	9	25-jan
07:45-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						07:45-08:00
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:00-08:30
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:30-09:00
09:00-09:30	IDF Samskola		Knattesim vinter	Knattesim vinter	Knattesim vinter	Snabb-bana	Crawl	Bröstsims	Rundsims		09:00-09:30
09:30-10:00	IDF Samskola										09:30-10:00
10:00-10:30	IDF Samskola										10:00-10:30
10:30-11:00	IDF Samskola										10:30-11:00
11:00-11:30	IDF Samskola										11:00-11:30
11:30-12:00	IDF Samskola										11:30-12:00
12:00-12:30	IDF Samskola										12:00-12:30
12:30-13:00	Södertörn	Södertörn									12:30-13:00
13:00-13:30	Södertörn	Södertörn									13:00-13:30
13:30-14:00	Södertörn	Södertörn									13:30-14:00
14:00-14:30	Södertörn	Södertörn	14:00-14:30								
14:30-15:00			14:30-15:00								
15:00-15:30			15:00-15:30								
15:30-16:00			15:30-16:00								
16:00-16:30			16:00-16:30								
16:30-17:00			16:30-17:00								
17:00-17:30			17:00-17:30								
17:30-18:00			17:30-18:00								
18:00-18:30			18:00-18:30								
18:30-19:00			18:30-19:00								

Med reservation för ändringar

Söndag	0	1	2	3	4	5	6	7	8	9	26-jan			
07:45-08:00	Team TT	Team TT			Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters		07:45-08:00			
08:00-08:30	Team TT	Team TT			Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters		08:00-08:30			
08:30-09:00	Team TT	Team TT			Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters		08:30-09:00			
09:00-09:30						Snabb-bana	Crawl	Bröstsims	Rundsims		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	Elitserien vattenpolo										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											15:00-15:30			
15:30-16:00											15:30-16:00			
16:00-16:30		16:00-16:30												
16:30-17:00		16:30-17:00												
17:00-17:30						Snabb-bana	Crawl	Bröstsims	Rundsims		17:00-17:30			
17:30-18:00														17:30-18:00
18:00-18:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP		18:00-18:30			
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP		18:30-19:00			
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP		19:00-19:30			
19:30-20:00	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters				19:30-20:00			
20:00-20:30	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters				20:00-20:30			
20:30-21:00											20:30-21:00			

Med reservation för ändringar

Måndag	0	1	2	3	4	5	6	7	8	9	27-jan										
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						05:45-06:00									
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:00-06:30									
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:30-07:00									
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:00-07:30									
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:30-08:00									
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:00-08:30									
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:30-09:00									
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						09:00-09:30									
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						09:30-10:00									
10:00-10:30							Crawl	Bröstsims	Rundsims	Snabb-bana		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				SK Neptun	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	SK Neptun	15:30-16:00									
16:00-16:30				SK Neptun	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	SK Neptun	16:30-17:00									
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30	
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00
19:00-19:30											19:00-19:30										
19:30-20:00											19:30-20:00										
20:00-20:30	Hellas VP										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										

Med reservation för ändringar

Tisdag	0	1	2	3	4	5	6	7	8	9	28-jan																				
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00																				
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:00-06:30																	
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								06:30-07:00																	
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:00-07:30																	
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC								07:30-08:00																	
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF								08:00-08:30																	
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF								08:30-09:00																	
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF								09:00-09:30																	
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF								09:30-10:00																	
10:00-10:30										Snabb-bana				10:00-10:30																	
10:30-11:00															10:30-11:00																
11:00-11:30															11:00-11:30																
11:30-12:00	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters											11:30-12:00																
12:00-12:30	SPIF Masters	SPIF Masters	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	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30									
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00								
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30								
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00								
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30								
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00								
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30								
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00								
19:00-19:30																						19:00-19:30									
19:30-20:00											SKK VP																	19:30-20:00			
20:00-20:30																														20:00-20:30	
20:30-21:00																															20:30-21:00
21:00-21:30	SCT	SCT	SCT	SCT	SCT								Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins		21:00-21:30									
21:30-22:00	SCT	SCT	SCT	SCT	SCT								Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins		21:30-22:00									

Med reservation för ändringar

Onsdag	0	1	2	3	4	5	6	7	8	9	29-jan												
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						05:45-06:00											
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:00-06:30											
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:30-07:00											
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:00-07:30											
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:30-08:00											
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:00-08:30											
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:30-09:00											
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						09:00-09:30											
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						09:30-10:00											
10:00-10:30							Crawl	Bröstsims	Rundsims		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	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30	
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00
19:00-19:30												19:00-19:30											
19:30-20:00											Neptun VP	19:30-20:00											
20:00-20:30												20:00-20:30											
20:30-21:00												20:30-21:00											
21:00-21:30											Strömstarar kanot	21:00-21:30											
21:30-22:00												21:30-22:00											

Med reservation för ändringar

Torsdag	0	1	2	3	4	5	6	7	8	9	30-jan											
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00											
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC							06:00-06:30									
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC							06:30-07:00									
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC							07:00-07:30									
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC							07:30-08:00									
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF							08:00-08:30									
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF							08:30-09:00									
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF							09:00-09:30									
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF							09:30-10:00									
10:00-10:30										Snabb-bana				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	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30	
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00
17:00-17:30	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30
17:30-18:00	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF VP	SPIF VP	x	18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF VP	SPIF VP	x	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																					20:30-21:00	
21:00-21:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins								21:00-21:30	
21:30-22:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins								21:30-22:00	

Med reservation för ändringar

Fredag	0	1	2	3	4	5	6	7	8	9	31-jan										
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						05:45-06:00									
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:00-06:30									
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						06:30-07:00									
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:00-07:30									
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF/NEC						07:30-08:00									
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:00-08:30									
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						08:30-09:00									
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						09:00-09:30									
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						09:30-10:00									
10:00-10:30							Crawl	Bröstsims	Rundsims			10:00-10:30									
10:30-11:00												10:30-11:00									
11:00-11:30												11:00-11:30									
11:30-12:00	Swimcoach U.H.											11:30-12:00									
12:00-12:30	Swimcoach U.H.											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				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30									
15:30-16:00				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00									
16:00-16:30				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30									
16:30-17:00				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00									
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30	
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	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											20:30-21:00										

USM grundserie vattenpolo

Med reservation för ändringar

Lördag	0	1	2	3	4	5	6	7	8	9	01-feb
07:45-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	07:45-08:00
08:00-08:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	08:00-08:30
08:30-09:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	08:30-09:00
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	09:00-09:30
09:30-10:00	Elitserien Vattenpolo										09:30-10:00
10:00-10:30											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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17:00-17:30											17:00-17:30
17:30-18:00											17:30-18:00
18:00-18:30	18:00-18:30										
18:30-19:00	18:30-19:00										

Med reservation för ändringar

Söndag	0	1	2	3	4	5	6	7	8	9	O2-feb
07:45-08:00	Elitserien Vattenpolo										07:45-08:00
08:00-08:30											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
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15:30-16:00											15:30-16:00
16:00-16:30	16:00-16:30										
16:30-17:00	16:30-17:00										
17:00-17:30						Snabb-bana	Crawl	Bröstsims	Rundsims		17:00-17:30
17:30-18:00											17:30-18:00
18:00-18:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP		18:00-18:30
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP		18:30-19:00
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP		19:00-19:30
19:30-20:00	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters				19:30-20:00
20:00-20:30	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters				20:00-20:30
20:30-21:00											20:30-21:00

Med reservation för ändringar