

Måndag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-08				
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00			
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30			
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:00-09:30
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:30-10:00
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola							IDF Skolsim	IDF Skolsim	x	10:00-10:30				
10:30-11:00																			IDF Skolsim	IDF Skolsim	x	10:30-11:00			
11:00-11:30																					x	11:00-11:30			
11:30-12:00																					x	11:30-12:00			
12:00-12:30																					x	12:00-12:30			
12:30-13:00																					x	12:30-13:00			
13:00-13:30																						IDF Skolsim	IDF Skolsim	x	13:00-13:30
13:30-14:00																						IDF Skolsim	IDF Skolsim	x	13:30-14:00
14:00-14:30																						IDF Skolsim	IDF Skolsim	x	14:00-14:30
14:30-15:00																						IDF Skolsim	IDF Skolsim	x	14:30-15:00
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:00-15:30				
15:30-16:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:30-16:00				
16:00-16:30						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:00-16:30				
16:30-17:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:30-17:00				
17:00-17:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30			
17:30-18:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00			
18:00-18:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30			
18:30-19:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00			
19:00-19:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	19:00-19:30			
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																			x
20:00-20:30	HELLAS VATTENPOLO																				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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-09				
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00				
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30				
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00		
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30		
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00		
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:00-09:30
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:30-10:00
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola							IDF Skolsim	IDF Skolsim	x	10:00-10:30				
10:30-11:00																			IDF Skolsim	IDF Skolsim	x	10:30-11:00			
11:00-11:30																					x	11:00-11:30			
11:30-12:00																					x	11:30-12:00			
12:00-12:30																					x	12:00-12:30			
12:30-13:00																					x	12:30-13:00			
13:00-13:30																					IDF Skolsim	IDF Skolsim	x	13:00-13:30	
13:30-14:00																					IDF Skolsim	IDF Skolsim	x	13:30-14:00	
14:00-14:30																					IDF Skolsim	IDF Skolsim	x	14:00-14:30	
14:30-15:00																					IDF Skolsim	IDF Skolsim	x	14:30-15:00	
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:00-15:30				
15:30-16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:30-16:00			
16:00-16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:00-16:30			
16:30-17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:30-17:00			
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:00-17:30			
17:30-18:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:30-18:00			
18:00-18:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:00-18:30			
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:30-19:00			
19:00-19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	19:00-19:30			
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																			x
20:00-20:30	SKK POLO																					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

Onsdag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-10				
05:45-06:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00				
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana				NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30				
06:30-07:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00		
07:00-07:30									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30	
07:30-08:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:00-08:30	
08:30-09:00							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00	
09:00-09:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:00-09:30	
09:30-10:00							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:30-10:00	
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola							IDF Skolsim	IDF Skolsim	x	10:00-10:30				
10:30-11:00																		IDF Skolsim	IDF Skolsim	x	10:30-11:00				
11:00-11:30																				x	11:00-11:30				
11:30-12:00																				x	11:30-12:00				
12:00-12:30																				x	12:00-12:30				
12:30-13:00																				x	12:30-13:00				
13:00-13:30																				x	13:00-13:30				
13:30-14:00																				x	13:30-14:00				
14:00-14:30																				x	14:00-14:30				
14:30-15:00																				x	14:30-15:00				
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	15:00-15:30				
15:30-16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	15:30-16:00				
16:00-16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	16:00-16:30				
16:30-17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	16:30-17:00				
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	17:00-17:30				
17:30-18:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	17:30-18:00				
18:00-18:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	18:00-18:30				
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	18:30-19:00				
19:00-19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	19:00-19:30				
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																			x
20:00-20:30	NEPTUN VATTENPOLO																				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

Torsdag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-11				
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00				
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30				
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00		
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30		
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00		
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:00-09:30
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:30-10:00
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola							IDF Skolsim	IDF Skolsim	x	10:00-10:30				
10:30-11:00																			IDF Skolsim	IDF Skolsim	x	10:30-11:00			
11:00-11:30																					x	11:00-11:30			
11:30-12:00																					x	11:30-12:00			
12:00-12:30																					x	12:00-12:30			
12:30-13:00																					x	12:30-13:00			
13:00-13:30																					IDF Skolsim	IDF Skolsim	x	13:00-13:30	
13:30-14:00																					IDF Skolsim	IDF Skolsim	x	13:30-14:00	
14:00-14:30																					IDF Skolsim	IDF Skolsim	x	14:00-14:30	
14:30-15:00																					IDF Skolsim	IDF Skolsim	x	14:30-15:00	
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30				
15:30-16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00			
16:00-16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30			
16:30-17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00			
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30			
17:30-18:00						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	x	18:00-18:30			
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00			
19:00-19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Polisen VP	Polisen VP	x	19:00-19:30	
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																			x
20:00-20:30	SPIF VATTENPOLO																				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

[illegible]

Lördag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-13
07:45-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	X	07:45-08:00
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	X	08:00-08:30
08:30-09:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	X	08:30-09:00
09:00-09:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	X	09:00-09:30
09:30-10:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	X	09:30-10:00
10:00-10:30	LFTM VATTENPOLO (SKK)																				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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14:30-15:00																					14:30-15:00
15:00-15:30																					15:00-15:30
15:30-16:00																					15:30-16:00
16:00-16:30																				X	16:00-16:30
16:30-17:00																				X	16:30-17:00
17:00-17:30																				X	17:00-17:30
17:30-18:00																				X	17:30-18:00
18:00-18:30																				X	18:00-18:30
18:30-19:00																				X	18:30-19:00

Med reservation för ändringar

Söndag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-14
07:45-08:00										Team TT	Team TT	Team TT	Team TT	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	X	07:45-08:00
08:00-08:30				SPIF	SPIF	SPIF			SPIF Masters	Team TT	Team TT	Team TT	Team TT	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	X	08:00-08:30
08:30-09:00				SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	Team TT	Team TT	Team TT	Team TT	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	X	08:30-09:00
09:00-09:30				SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters											X	09:00-09:30
09:30-10:00				SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters											X	09:30-10:00
10:00-10:30	LFTM VATTENPOLO (SKK)																				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	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana														X	12:00-12:30
12:30-13:00																				X	12:30-13:00
13:00-13:30																				X	13:00-13:30
13:30-14:00																				X	13:30-14:00
14:00-14:30																				X	14:00-14:30
14:30-15:00																				X	14:30-15:00
15:00-15:30																				X	15:00-15:30
15:30-16:00																				X	15:30-16:00
16:00-16:30																				X	16:00-16:30
16:30-17:00																				X	16:30-17:00
17:00-17:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana											SPIF	SPIF			X	17:00-17:30
17:30-18:00																SPIF	SPIF			X	17:30-18:00
18:00-18:30						SCT	SCT	SCT	SCT	SCT	SCT	SCT				SPIF	SPIF	Neptun VP	Neptun VP	X	18:00-18:30
18:30-19:00						SCT	SCT	SCT	SCT	SCT	SCT	SCT	APNEA	APNEA	APNEA	APNEA	APNEA	Neptun VP	Neptun VP	X	18:30-19:00
19:00-19:30						SCT	SCT	SCT	SCT	SCT	SCT	SCT	APNEA	APNEA	APNEA	APNEA	APNEA	Neptun VP	Neptun VP	X	19:00-19:30
19:30-20:00	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana				Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	APNEA	APNEA	APNEA	APNEA	APNEA			X	19:30-20:00
20:00-20:30									Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	APNEA	APNEA	APNEA	APNEA	APNEA			X	20:00-20:30

Måndag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-15				
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00				
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30				
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00		
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30		
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00	
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:00-09:30
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:30-10:00
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola							IDF Skolsim	IDF Skolsim	x	10:00-10:30				
10:30-11:00																			IDF Skolsim	IDF Skolsim	x	10:30-11:00			
11:00-11:30																					x	11:00-11:30			
11:30-12:00																					x	11:30-12:00			
12:00-12:30																					x	12:00-12:30			
12:30-13:00																					x	12:30-13:00			
13:00-13:30																						IDF Skolsim	IDF Skolsim	x	13:00-13:30
13:30-14:00																						IDF Skolsim	IDF Skolsim	x	13:30-14:00
14:00-14:30																						IDF Skolsim	IDF Skolsim	x	14:00-14:30
14:30-15:00																						IDF Skolsim	IDF Skolsim	x	14:30-15:00
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:00-15:30				
15:30-16:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:30-16:00				
16:00-16:30						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:00-16:30				
16:30-17:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:30-17:00				
17:00-17:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30			
17:30-18:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00			
18:00-18:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30			
18:30-19:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00			
19:00-19:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	19:00-19:30			
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																			x
20:00-20:30	HELLAS VATTENPOLO																				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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-16					
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00					
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30				
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00	
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:00-09:30
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:30-10:00
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola							IDF Skolsim	IDF Skolsim	x	10:00-10:30					
10:30-11:00																			IDF Skolsim	IDF Skolsim	x	10:30-11:00				
11:00-11:30																					x	11:00-11:30				
11:30-12:00																					x	11:30-12:00				
12:00-12:30																					x	12:00-12:30				
12:30-13:00																					x	12:30-13:00				
13:00-13:30																						IDF Skolsim	IDF Skolsim	x	13:00-13:30	
13:30-14:00																						IDF Skolsim	IDF Skolsim	x	13:30-14:00	
14:00-14:30																						IDF Skolsim	IDF Skolsim	x	14:00-14:30	
14:30-15:00																						IDF Skolsim	IDF Skolsim	x	14:30-15:00	
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:00-15:30				
15:30-16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:30-16:00	
16:00-16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:00-16:30	
16:30-17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:30-17:00	
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:00-17:30	
17:30-18:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:30-18:00	
18:00-18:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:00-18:30	
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:30-19:00	
19:00-19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	19:00-19:30	
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																				x
20:00-20:30	SKK POLO																					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

Onsdag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-17					
05:45-06:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00				
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana				NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30				
06:30-07:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00		
07:00-07:30									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30	
07:30-08:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	IDF Skolsim	x	09:00-09:30
09:30-10:00												NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	IDF Skolsim	x
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola							IDF Skolsim	IDF Skolsim	IDF Skolsim	x	10:00-10:30				
10:30-11:00																			IDF Skolsim	IDF Skolsim	x	10:30-11:00				
11:00-11:30																					x	11:00-11:30				
11:30-12:00																					x	11:30-12:00				
12:00-12:30																					x	12:00-12:30				
12:30-13:00																					x	12:30-13:00				
13:00-13:30																					x	13:00-13:30				
13:30-14:00																					x	13:30-14:00				
14:00-14:30																					x	14:00-14:30				
14:30-15:00																					x	14:30-15:00				
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:00-15:30				
15:30-16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:30-16:00	
16:00-16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:00-16:30	
16:30-17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:30-17:00	
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:00-17:30	
17:30-18:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:30-18:00	
18:00-18:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:00-18:30	
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:30-19:00	
19:00-19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	19:00-19:30
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																			x	19:30-20:00
20:00-20:30	NEPTUN VATTENPOLO																				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

Torsdag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-18				
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00				
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30				
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00		
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30		
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00		
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:00-09:30
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:30-10:00
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola							IDF Skolsim	IDF Skolsim	x	10:00-10:30				
10:30-11:00																			IDF Skolsim	IDF Skolsim	x	10:30-11:00			
11:00-11:30																					x	11:00-11:30			
11:30-12:00																					x	11:30-12:00			
12:00-12:30																					x	12:00-12:30			
12:30-13:00																					x	12:30-13:00			
13:00-13:30																					IDF Skolsim	IDF Skolsim	x	13:00-13:30	
13:30-14:00																					IDF Skolsim	IDF Skolsim	x	13:30-14:00	
14:00-14:30																					IDF Skolsim	IDF Skolsim	x	14:00-14:30	
14:30-15:00																					IDF Skolsim	IDF Skolsim	x	14:30-15:00	
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30				
15:30-16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00			
16:00-16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30			
16:30-17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00			
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30			
17:30-18:00						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	x	18:00-18:30			
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00			
19:00-19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Polisen VP	Polisen VP	x	19:00-19:30	
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																			x
20:00-20:30	SPIF VATTENPOLO																				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

Fredag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-19										
05:45-06:00								NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00										
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana			NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30										
06:30-07:00								NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00								
07:00-07:30								NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30							
07:30-08:00								SPIF Master	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00						
08:00-08:30								SPIF Master	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30						
08:30-09:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00						
09:00-09:30										NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:00-09:30						
09:30-10:00												NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:30-10:00						
10:00-10:30	LEK	Rundsim	Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola								IDF Skolsim	IDF Skolsim	x	10:00-10:30										
10:30-11:00																										IDF Skolsim	IDF Skolsim	x	10:30-11:00		
11:00-11:30																													x	11:00-11:30	
11:30-12:00																											U. Hausmann	U. Hausmann	x	11:30-12:00	
12:00-12:30																											U. Hausmann	U. Hausmann	x	12:00-12:30	
12:30-13:00																														x	12:30-13:00
13:00-13:30																														x	13:00-13:30
13:30-14:00																														x	13:30-14:00
14:00-14:30																														x	14:00-14:30
14:30-15:00																														x	14:30-15:00
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:00-15:30										
15:30-16:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	NEC	NEC	x	15:30-16:00								
16:00-16:30						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	NEC	NEC	x	16:00-16:30								
16:30-17:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	NEC	NEC	x	16:30-17:00								
17:00-17:30						SPIF	SPIF	SPIF	SPIF	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	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	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	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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-20					
07:45-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:45-08:00					
08:00-08:30	LEK	Rundsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	08:00-08:30					
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	08:30-09:00			
09:00-09:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	x	09:00-09:30	
09:30-10:00							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	x	09:30-10:00	
10:00-10:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	x	10:00-10:30	
10:30-11:00																									x	10:30-11:00
11:00-11:30																									x	11:00-11:30
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17:30-18:00																									x	17:30-18:00
18:00-18:30																									x	18:00-18:30
18:30-19:00																									x	18:30-19:00

Med reservation för ändringar

Söndag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-21
07:45-08:00							Team TT	Team TT	Team TT	Team TT	Knattesim Höst SK Neptun	Knattesim Höst SK Neptun	Knattesim Höst SK Neptun	Knattesim Höst SK Neptun	Knattesim Höst SK Neptun	Knattesim Höst SK Neptun	Knattesim Höst SK Neptun	Knattesim Höst SK Neptun		X	07:45-08:00
08:00-08:30	LEK	Rundsim				Team TT	Team TT	Team TT	Team TT										X	08:00-08:30	
08:30-09:00						Team TT	Team TT	Team TT	Team TT										X	08:30-09:00	
09:00-09:30																			X	09:00-09:30	
09:30-10:00																			X	09:30-10:00	
10:00-10:30																			X	10:00-10:30	
10:30-11:00																			X	10:30-11:00	
11:00-11:30																			X	11:00-11:30	
11:30-12:00																			X	11:30-12:00	
12:00-12:30																			X	12:00-12:30	
12:30-13:00																			X	12:30-13:00	
13:00-13:30																			X	13:00-13:30	
13:30-14:00																			X	13:30-14:00	
14:00-14:30																			X	14:00-14:30	
14:30-15:00																			X	14:30-15:00	
15:00-15:30																			X	15:00-15:30	
15:30-16:00																			X	15:30-16:00	
16:00-16:30																			X	16:00-16:30	
16:30-17:00																			X	16:30-17:00	
17:00-17:30																			X	17:00-17:30	
17:30-18:00																			X	17:30-18:00	
18:00-18:30											Neptun VP	X	18:00-18:30								
18:30-19:00	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	SCT	SCT	SCT	SCT	SCT	SCT	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	Neptun VP	Neptun VP	X	18:30-19:00
19:00-19:30						SCT	SCT	SCT	SCT	SCT	SCT	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	Neptun VP	Neptun VP	X	19:00-19:30
19:30-20:00						SCT	SCT	SCT	SCT	SCT	SCT	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA			X	19:30-20:00
20:00-20:30													APNEA	APNEA	APNEA	APNEA	APNEA			X	20:00-20:30

Måndag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-22				
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00				
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30				
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00		
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30		
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00		
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:00-09:30
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:30-10:00
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola							IDF Skolsim	IDF Skolsim	x	10:00-10:30				
10:30-11:00																			IDF Skolsim	IDF Skolsim	x	10:30-11:00			
11:00-11:30																					x	11:00-11:30			
11:30-12:00																					x	11:30-12:00			
12:00-12:30																					x	12:00-12:30			
12:30-13:00																					x	12:30-13:00			
13:00-13:30																						IDF Skolsim	IDF Skolsim	x	13:00-13:30
13:30-14:00																						IDF Skolsim	IDF Skolsim	x	13:30-14:00
14:00-14:30																						IDF Skolsim	IDF Skolsim	x	14:00-14:30
14:30-15:00																									
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:00-15:30				
15:30-16:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:30-16:00				
16:00-16:30						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:00-16:30				
16:30-17:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:30-17:00				
17:00-17:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30			
17:30-18:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00			
18:00-18:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30			
18:30-19:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00			
19:00-19:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	19:00-19:30			
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																			x
20:00-20:30	HELLAS VATTENPOLO																				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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-23				
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00				
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30				
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00	
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30	
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00	
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:00-09:30
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:30-10:00
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola							IDF Skolsim	IDF Skolsim	x	10:00-10:30				
10:30-11:00																			IDF Skolsim	IDF Skolsim	x	10:30-11:00			
11:00-11:30																					x	11:00-11:30			
11:30-12:00																					x	11:30-12:00			
12:00-12:30																					x	12:00-12:30			
12:30-13:00																					x	12:30-13:00			
13:00-13:30																						IDF Skolsim	IDF Skolsim	x	13:00-13:30
13:30-14:00																						IDF Skolsim	IDF Skolsim	x	13:30-14:00
14:00-14:30																						IDF Skolsim	IDF Skolsim	x	14:00-14:30
14:30-15:00																						IDF Skolsim	IDF Skolsim	x	14:30-15:00
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:00-15:30				
15:30-16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:30-16:00			
16:00-16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:00-16:30			
16:30-17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:30-17:00			
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:00-17:30			
17:30-18:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:30-18:00			
18:00-18:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:00-18:30			
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:30-19:00			
19:00-19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	19:00-19:30			
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																			x
20:00-20:30																					20:00-20:30				
20:30-21:00	SKK POLO																				20:30-21:00				
21:00-21:30																					21:00-21:30				
21:30-22:00																					21:30-22:00				

Med reservation för ändringar

Onsdag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-24						
05:45-06:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00					
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana				NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30					
06:30-07:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00			
07:00-07:30									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30		
07:30-08:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00		
08:00-08:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	08:00-08:30	
08:30-09:00							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	IDF Skolsim	x	08:30-09:00	
09:00-09:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	IDF Skolsim	x	09:00-09:30	
09:30-10:00												NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	IDF Skolsim	x	09:30-10:00
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola								IDF Skolsim	IDF Skolsim	x	10:00-10:30					
10:30-11:00																				IDF Skolsim	IDF Skolsim	x	10:30-11:00				
11:00-11:30																							x	11:00-11:30			
11:30-12:00																								x	11:30-12:00		
12:00-12:30																								x	12:00-12:30		
12:30-13:00																									x	12:30-13:00	
13:00-13:30																									x	13:00-13:30	
13:30-14:00																									x	13:30-14:00	
14:00-14:30																										x	14:00-14:30
14:30-15:00																											x
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	15:00-15:30						
15:30-16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	15:30-16:00						
16:00-16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	16:00-16:30						
16:30-17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	16:30-17:00						
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	17:00-17:30						
17:30-18:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	17:30-18:00						
18:00-18:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	18:00-18:30						
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	18:30-19:00						
19:00-19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	19:00-19:30						
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																			x	19:30-20:00	
20:00-20:30	NEPTUN VATTENPOLO																				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

Torsdag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-25				
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00				
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30				
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00	
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30	
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00	
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:00-09:30
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	09:30-10:00
10:00-10:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola							IDF Skolsim	IDF Skolsim	x	10:00-10:30				
10:30-11:00																			IDF Skolsim	IDF Skolsim	x	10:30-11:00			
11:00-11:30																					x	11:00-11:30			
11:30-12:00																					x	11:30-12:00			
12:00-12:30																					x	12:00-12:30			
12:30-13:00																					x	12:30-13:00			
13:00-13:30																						IDF Skolsim	IDF Skolsim	x	13:00-13:30
13:30-14:00																						IDF Skolsim	IDF Skolsim	x	13:30-14:00
14:00-14:30																						IDF Skolsim	IDF Skolsim	x	14:00-14:30
14:30-15:00																						IDF Skolsim	IDF Skolsim	x	14:30-15:00
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30				
15:30-16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00			
16:00-16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30			
16:30-17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00			
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30			
17:30-18:00						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	x	18:00-18:30			
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00			
19:00-19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Polisen VP	Polisen VP	x	19:00-19:30	
19:30-20:00						POLO simning 19:30-20:00 (ej boll)																			x
20:00-20:30	SPIF VATTENPOLO																				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

[illegible]

Lördag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-27				
07:45-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:45-08:00				
08:00-08:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	08:00-08:30				
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	08:30-09:00	
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	09:00-09:30	
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	09:30-10:00	
10:00-10:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	10:00-10:30	
10:30-11:00	LEK	Rundsim	Bröstsim	Crawl	Snabb-bana															x	10:30-11:00				
11:00-11:30																							x	11:00-11:30	
11:30-12:00																							x	11:30-12:00	
12:00-12:30																							x	12:00-12:30	
12:30-13:00																							x	12:30-13:00	
13:00-13:30																								x	13:00-13:30
13:30-14:00																								x	13:30-14:00
14:00-14:30																								x	14:00-14:30
14:30-15:00																								x	14:30-15:00
15:00-15:30																								x	15:00-15:30
15:30-16:00																								x	15:30-16:00
16:00-16:30																								x	16:00-16:30
16:30-17:00																								x	16:30-17:00
17:00-17:30																								x	17:00-17:30
17:30-18:00																								x	17:30-18:00
18:00-18:30																			x	18:00-18:30					
18:30-19:00																			x	18:30-19:00					

Med reservation för ändringar

Söndag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-28
07:45-08:00	LEK	Rundsim	Bröstsim	Crawl	Snabb-bana					Team TT	Team TT	Team TT	Team TT	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	X	07:45-08:00
08:00-08:30										Team TT	Team TT	Team TT	Team TT	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	X	08:00-08:30
08:30-09:00										Team TT	Team TT	Team TT	Team TT	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	X	08:30-09:00
09:00-09:30																				X	09:00-09:30
09:30-10:00																				X	09:30-10:00
10:00-10:30																				X	10:00-10:30
10:30-11:00																				X	10:30-11:00
11:00-11:30																				X	11:00-11:30
11:30-12:00																				X	11:30-12:00
12:00-12:30																				X	12:00-12:30
12:30-13:00																				X	12:30-13:00
13:00-13:30																				X	13:00-13:30
13:30-14:00																				X	13:30-14:00
14:00-14:30																				X	14:00-14:30
14:30-15:00																				X	14:30-15:00
15:00-15:30																				X	15:00-15:30
15:30-16:00																				X	15:30-16:00
16:00-16:30																				X	16:00-16:30
16:30-17:00																				X	16:30-17:00
17:00-17:30																				X	17:00-17:30
17:30-18:00																				X	17:30-18:00
18:00-18:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	SCT	SCT	SCT	SCT	SCT	SCT	SCT						Neptun VP	Neptun VP	X	18:00-18:30
18:30-19:00						SCT	SCT	SCT	SCT	SCT	SCT	SCT	APNEA	APNEA	APNEA	APNEA	APNEA	Neptun VP	Neptun VP	X	18:30-19:00
19:00-19:30						SCT	SCT	SCT	SCT	SCT	SCT	SCT	APNEA	APNEA	APNEA	APNEA	APNEA	Neptun VP	Neptun VP	X	19:00-19:30
19:30-20:00									Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	APNEA	APNEA	APNEA	APNEA	APNEA			X	19:30-20:00
20:00-20:30									Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	APNEA	APNEA	APNEA	APNEA	APNEA			X	20:00-20:30