

UKE 45 (Nov 17 - Nov 23)

Mandag		Onsdag		Torsdag		Fredag		Lørdag		Søndag	
Is	Barmark	Is	Barmark	Is	Barmark	Is	Barmark	Is	Barmark	Is	Barmark
	16:30-17:15   V, S	7:00-7:45  V		14:00-15:00  V, S			16:00-16:45  V	7:00-8:00  S		18:30-19:15 Ballett  S	
17:30-18:15 Skøyteskolen  V, S, Assistent			16:00-17:00 Ballett  S	14:00-15:30  V		17:00-17:45  V	16:45-17:30  S		8:15-9:00  S	19:30-20:15  S	
18:15-18:30 Vanning		17:15-18:00  V, S		15:00-16:30  V		17:45-18:30  V, Assistent	17:30-18:15   S			20:15-21:00  S	
18:30-19:30  V, S		18:00-18:45  V			16:45-17:30  V	18:30-19:15 Skøyteskolen   S, V, Assistent					
19:30-20:15  V, S	19:30-20:15  Oppvarming		19:00-19:45 Ballett  S								
20:15-20:30 Vanning	20:30-21:15 Ballett  S										
20:30-22:00  V											

 -Rosa
  -Grønn
  -Gul
  -Blå
  -Rød
  -Oransje
  -Grå
  -Hvit
  -Svart
 V - Vika, S - Stas