

Schema höstterminen 2026

| v. | Måndag |       | Tisdag |       |       | Onsdag |       |       |       | Torsdag |       |       | Fredag |       | Lördag |       |       | TEMAN            |
|----|--------|-------|--------|-------|-------|--------|-------|-------|-------|---------|-------|-------|--------|-------|--------|-------|-------|------------------|
|    | 17:50  | 18:40 | 17:00  | 17:50 | 18:55 | Senior | 17.00 | 17.50 | 18:40 | 17:20   | 18.10 | 19.00 | 16.00  | 16.50 | 9:30   | 10:35 | 11:40 |                  |
| 33 | Intro  | Intro | Intro  | Intro | Intro | Intro  | Intro | Intro | Intro | Intro   | Intro | Intro | Intro  | Intro | Intro  | Intro | Intro |                  |
| 34 | D      | D     | M      | M     | M     |        | D     | D     | M     | D       | D     | D     | M      | M     | D      | D     | D     | v.34-39          |
| 35 | D      | D     | H      | H     | H     | D      | D     | D     | M     | M       | M     | M     | H      | H     | M      | M     | M     | Hållbarhet       |
| 36 | M      | M     | T      | T     | D     |        | D     | D     | H     | H       | H     | H     | D      | D     | H      | H     | H     |                  |
| 37 | H      | H     | D      | D     | D     | D      | M     | M     | H     | T       | D     | D     | D      | D     | T      | T     | T     |                  |
| 38 | T      | D     | M      | M     | M     |        | H     | H     | M     | D       | T     | D     | T      | T     | D      | D     | D     |                  |
| 39 | D      | T     | H      | H     | H     | D      | D     | D     | H     | M       | M     | M     | H      | H     | D      | D     | D     | v.40-46          |
| 40 | M      | M     | D      | D     | T     |        | D     | D     | T     | H       | H     | H     | D      | D     | M      | M     | M     | Självförtroende  |
| 41 | H      | H     | D      | D     | D     | D      | M     | M     | M     | D       | D     | T     | D      | D     | H      | H     | H     |                  |
| 42 | D      | D     | M      | M     | M     |        | H     | H     | H     | D       | D     | D     | M      | M     | T      | D     | D     |                  |
| 43 | D      | D     | H      | H     | H     | D      | T     | D     | H     | M       | M     | M     | H      | H     | D      | T     | D     |                  |
| 44 | M      | M     | T      | T     | D     |        | D     | T     | M     | H       | H     | H     | D      | D     |        |       |       |                  |
| 45 | H      | H     | D      | D     | D     | D      | M     | M     | M     | T       | D     | D     | D      | D     | M      | M     | M     |                  |
| 46 | D      | T     | M      | M     | M     |        | H     | H     | H     | D       | T     | D     | M      | M     | H      | H     | H     |                  |
| 47 | T      | D     | H      | H     | H     | D      | T     | D     | H     | M       | M     | M     | H      | H     | D      | D     | T     | v.47-52          |
| 48 | M      | M     | D      | D     | D     |        | D     | T     | M     | H       | H     | H     | T      | D     | D      | D     | D     | Kunskapsprövning |
| 49 | H      | H     | D      | D     | T     | D      | M     | M     | T     | D       | D     | T     | D      | T     | M      | M     | M     |                  |
| 50 | D      | D     | M      | M     | M     |        | H     | H     | H     | D       | D     | D     | D      | D     | H      | H     | H     |                  |
| 51 | D      | D     | D      | D     | D     | D      | D     | D     | H     | M       | M     | M     | M      | M     | D      | D     | D     |                  |
| 52 | M      | M     | D      | D     | D     |        |       |       |       |         |       |       |        |       |        |       |       |                  |

T=Teori

H=Hopp

Intro= Uppstart

M=Markarbete