

MÅNDAG

BANA 1

07.00-08.00

Heikki Raevaara

Christopher Berg

Dante Levinsson Olsson

Wilhelm Hammerö

BANA 2

Joel Helmersson

Disa Levinsson Olsson

Ester Annvik

BANA 3

BANA 4

BANA 5

BANA 6

BANA 7

07.50-10.00

Heikki Raevaara

Allan Krüger Hagström

07.50-09.30

Samuel Ekberg

Alice Widell

Anton Krondell

Elena Samuelsson

Emma Halvarsson

Joel Helmersson

Esther Magnusson

Filip Christoffersson

Hampus Wik

Hilda Grahn

Hugo Eek

Hugo Magnusson

Hugo Sundberg Ekdahl

Max Robertson

Simon Orensztajn

Viktoria Gavran

15.00-16.15

Heikki Raevaara

Ester Annvik

Victoria Lacki

Samuel Ekberg

Christopher Berg

Wilhelm Smith

15.00-16.30

Marcus Lindberg

Axel Leveau

James Ljunggren

Lola Teikari

Leonora/Wilmer

Loujan Llupa

Maitreya Ganguly

John Annvik

16.15-17.45

Heikki Raevaara

Anabelle Teikari

Disa Levinsson Olsson

Hedvig Turesson

16.15-17.45

Samuel Ekberg

Clarissa Blomqvist

Elena Samuelsson

Linea Bajraliu

Linus Andersson

Joel Helmersson

Lukas Andersson

Olivia Lindestaf

Oskar Turesson

Tilda Hessleryd

16.30-17.45

Marcus Lindberg

Nicolas Colombo

Leo Wannberg

Jake Mathew

Clara Palmkvist

Leonora/Wilmer

Lukas Rotzius

Maximilian Abdon

Elvin Cacan

17.45-19.00

Fredrik Forsander

Carl Bengtsson

Christian Tadic

Gabriel Rylander

Ylva Thuresson

17.45-19.00

Samuel Ekberg

Albert Widell

Allan Krüger Hagström

Anton Krondell

Hugo Magnusson

17.45-19.00

Joel Helmersson

Esther Magnusson

Fredrik Schnoor

Frida Krondell

Oskar Bengtsson

17.45-19.00

Marcus Lindberg

Elly Wiklund

Selma Ivarsson

Neo Dobraj

Nico Oldsberg

Leonora/Wilmer

Adéle Ihrefors

Thelma Ljunggren

Rangeet Chakraborty

Erik Jönsson

19.00-20.00

Fredrik Forsander

Adam Sundler

Albert Smith

Anna Schmidt

Ella Frölander

Joel Helmersson

Gustav Schnoor

Hugo Andersson

Leonora Sjödin

Moa Palmkvist

Sara Gacea

Viktor Schnoor

Wilmer Dyrlev

19.00-20.00

Serveträning

Serveträning

TISDAG

BANA 1

07.15-09.00

Joel Helmersson
Albert Widell
Anabelle Teikari

BANA 2

Heikki Raevaara
Britta Buskvist
Ella Frölander

BANA 3

Samuel Ekberg
Linea Bajraliu
Linus Andersson

BANA 4

Ola Kristiansson
Lukas Andersson
Oskar Bengtsson

BANA 5

Fredrik Forsander
Tilda Hessleryd
William Hellberg

BANA 6

BANA 7

09.45-11.45

Heikki Raevaara

Allan Krüger Hagström

09.45-11.45

Samuel Ekberg

Alice Widell
Anton Kronnell
Elena Samuelsson
Emma Halvarsson

Joel Helmersson

Filip Christoffersson
Hampus Wik
Hilda Grahn

Hugo Eek
Hugo Magnusson
Hugo Sundberg Ekdahl

Max Robertson
Simon Orensztajn
Viktoria Gavran

15.00-16.00

Joel Helmersson

Christoffer Berg
Ester Annvik
Wilhelm Smith

15.00-16.00

Samuel Ekberg

Alice Widell
Olivia Lindestaf

Heikki Raevaara

Allan Krüger Hagström
Anton Kronnell*
Hugo Eek*
*vissa veckor

15.00-16.15

Marcus Lindberg

Fanny Hesoun
James Ljunggren
Lea Cicek
Claudia Oldsberg

Jan Swensk

Benjamin Lang
Axel Leveau
Lola Teikari

16.00-17.00

Joel Helmersson

Elena Samuelsson
Esther Magnusson
Hilda Grahn
Wilma Widing

16.00-17.00

Samuel Ekberg

Filip Christoffersson
Linus Andersson
Oskar Bengtsson
Oskar Turesson

16.00-17.00

Heikki Raevaara

Albert Widell
Hugo Eek*
Hugo Sundberg Ekdahl
Lukas Andersson

16.15-17.30

Marcus Lindberg

Albert Smith
Sara Gacea
Viktor Schnoor
Ella Frölander

Jan Swensk

Rangeet Chakraborty
Pratyush Padhi
Erik Jönsson
Nico Oldsberg

17.00-18.00

Joel Helmersson

Alexander Chmielewski
Anabelle Teikari
Dante Levinsson Olsson

17.00-18.00

Samuel Ekberg

Hedvig Turesson
Victoria Lacki
Wilhelm Hammerö

17.00-18.00

Heikki Raevaara

Clarissa Blomqvist
Linea Bajraliu
Tilda Hessleryd

17.30-18.45

Marcus Lindberg

Maximilian Abdon
Clara Palmkvist
Pauline Nordström
Lukas Rotzius

Jan Swensk

Elvin Cacan
Leo Wannberg
Thelma Ljunggren

18.00-19.00

Joel Helmersson

Alexander Chmielewski
Victoria Lacki

18.45-20.00

Marcus Lindberg

Selma Ivarsson
Adèle Ihrefors
Ester Arnerius

Jan Swensk

Maitreya Ganguly
Loujan Llupa

ONSDAG

BANA 1

15.00-16.30

Ola Kristiansson

Allan Krüger Hagström
Anton Krondell

BANA 2

BANA 3

15.00-16.30

Samuel Ekberg

Alice Widell
Hugo Eek

BANA 4

15.00-16.30

Heikki Raevaara

Alexander Chmielewski
Wilhelm Hammerö
Wilhelm Smith

BANA 5

Joel Helmersson

Ester Annvik
Leonora Sjödin
Moa Palmkvist

BANA 6

BANA 7

16.30-18.00

Ola Kristiansson

Adam Granath
Albert Widell
Hugo Magnusson

16.30-18.00

Samuel Ekberg

Anabelle Teikari
Dante Levinsson Olsson
Hedvig Turesson
Victoria Lacki

16.30-18.00

Heikki Raevaara

Clarissa Blomqvist
Elena Samuelsson
Linea Bajraliu
Linus Andersson

Joel Helmersson

Lukas Andersson
Olivia Lindestaf
Tilda Hessleryd

15.00-16.20

Anna Nyman

Lola Teikari
Axel Leveau
James Ljunggren

Niklas Persson

John Annvik
Neo Dobraj

18.00-19.00

Fredrik Forsander

Britta Buskqvist
Carl Bengtsson
Disa Levinsson Olsson

Heikki Raevaara

Esther Magnusson
Filip Christoffersson
Fredrik Schnoor

Joel Helmersson

Frida Krondell
Nils Leveau
Oskar Bengtsson

16.20-17.40

Anna Nyman

Maximilian Abdon
Pauline Nordström
Clara Palmkvist

Niklas Persson

Leo Wannberg
Nicolas Colombo
Jake Mathew

19.00-20.00

Fredrik Forsander

Adam Sundler
Anna Schmidt
Christian Tadic
Gabriel Rylander

Gustav Schnoor
Hugo Andersson
Wilmer Dyrlev
Ylva Thuresson

19.00-20.00

Joel Helmersson

Albert Smith
Ella Frölander
Sara Gacea
Viktor Schnoor

17.40-19.00

Anna Nyman

Elly Wiklund
Ester Arnerius
Pratyush Padhi
Thelma Ljunggren

Niklas Persson

Maitreya Ganguly
Fanny Hesoun
Loujan Llupa
Lea Cicek

TORSDAG

BANA 1

09.45-11.45

Heikki Raevaara

Allan Krüger Hagström

BANA 2

09.45-11.45

Samuel Ekberg

Alice Widell
Anton Krondell
Elena Samuelsson
Emma Halvarsson

BANA 3

Joel Helmersson

Filip Christoffersson
Hampus Wik
Hilda Grahn

BANA 4

Hugo Eek
Hugo Magnusson
Hugo Sundberg Ekdahl

BANA 5

Max Robertson
Simon Orensztajn
Viktoria Gavran

BANA 6

BANA 7

15.30-16.00

Ola Kristiansson

Albert Widell
Linea Bajraliu

16.00-17.15

Ola Kristiansson

Adam Granath
Allan Krüger Hagström
Anton Krondell
Hugo Magnusson

17.15-18.30

Ola Kristiansson

Filip Christoffersson
Fredrik Schnoor
Oskar Bengtsson
Oskar Turesson

18.30-20.00

Heikki Raevaara

Alice Widell
Clarissa Blomqvist
Tilda Hessleryd

Heikki Raevaara

Linus Andersson
Lukas Andersson

16.00-17.15

Heikki Raevaara

Albert Widell
Hugo Eek
Hugo Sundberg Ekdahl
Linea Bajraliu

17.15-18.30

Heikki Raevaara

Anabelle Teikari
Disa Levinsson Olsson
Hedvig Turesson
Ylva Thuresson

18.30-20.00

Ola Kristiansson

Britta Buskqvist
Elena Samuelsson
Esther Magnusson
Frida Krondell

15.00-16.00

Joel Helmersson

Hedvig Turesson

Joel Helmersson

Linus Andersson
Lukas Andersson
Oskar Turesson

17.15-18.30

Joel Helmersson

Christoffer Berg
Dante Levinsson Olsson
Victoria Lacki
Wilhelm Hammerö

Joel Helmersson

Hilda Grahn
Johanna Bernhold
Olivia Lindestaf
Wilma Widing

15.00-16.00

Jan Svensk

James Ljunggren
John Annvik

16.00-17.00

Jan Svensk

Rangeet Chakraborty
Pratyush Padhi
Nico Oldsberg
Erik Jönsson

17.00-18.00

Jan Svensk

Lukas Rotzius
Elvin Cacan
Pauline Nordström

18.00-19.00

Jan Svensk

Claudia Oldsberg
Lea Cicek
Fanny Hesoun

19.00-20.00

Jan Svensk

Loujan Llupa
Maitreya Ganguly
Neo Dobraj

FREDAG

BANA 1

07.15-09.00

Joel Helmersson
Albert Widell
Anabelle Teikari
Britta Buskqvist

BANA 2

Heikki Raevaara
Disa Levinsson Olsson
Ella Frölander
Hedvig Turesson

BANA 3

Samuel Ekberg
Linea Bajraliu
Linus Andersson

BANA 4

Niklas Persson
Lukas Andersson
Oskar Bengtsson

BANA 5

Tilda Hessleryd
William Hellberg

BANA 6

BANA 7

14.00-15.30

Samuel Ekberg

Allan Krüger Hagström
Oskar Turesson

15.00-16.00

Heikki Raevaara

Christopher Berg
Ester Annvik
Wilhelm Hammerö

15.30-17.00

Samuel Ekberg

Alice Widell
Allan Krüger Hagström
Anton Krondell
Hugo Magnusson

16.00-17.00

Heikki Raevaara

Christopher Berg
Dante Levinsson Olsson
Ester Annvik
Wilhelm Hammerö

16.00-17.00

Joel Helmersson

Disa Levinsson Olsson
Jonah Billing
Nils Leveau

LÖRDAG

BANA 1

BANA 2

BANA 3

BANA 4

BANA 5

BANA 6

10.00-11.00

Fredrik Forsander

Adam Sundler
Anna Schmidt
Gustav Schnoor

BANA 7

Niklas Persson

Moa Palmkvist
Wilhelm Smith

FYSTRÄNING PRO ACADEMY

MÅNDAG

Inomhus, oh gym
Vecka 37-43, 45-49
16.45-17.45

Athletic Sports School

Albert Widell
Alice Widell
Allan Krüger Hagström
Anton Krondell
Christopher Berg
Dante Levinsson Olsson
Ester Annvik
Esther Magnusson
Filip Christoffersson
Hugo Magnusson
Oskar Bengtsson
Wilhelm Hammerö

17.45-18.45

Athletic Sports School

Anabelle Teikari
Clarissa Blomqvist
Disa Levinsson Olsson
Elena Samuelsson
Hedvig Turesson
Linea Bajraliu
Linus Andersson
Lukas Andersson
Olivia Lindestaf
Oskar Turesson
Tilda Hessleryd

TISDAG

Utomhus, löpning
Vecka 35-43, 45, 48-50
18.00-19.00

Heikki Raevaara

Albert Widell
Alice Widell
Allan Krüger Hagström
Anabelle Teikari
Anton Krondell
Christopher Berg
Clarissa Blomqvist
Dante Levinsson Olsson
Disa Levinsson Olsson
Elena Samuelsson
Ester Annvik
Esther Magnusson
Filip Christoffersson
Hedvig Turesson
Hugo Magnusson
Linea Bajraliu
Linus Andersson
Lukas Andersson
Olivia Lindestaf
Oskar Bengtsson
Oskar Turesson
Tilda Hessleryd
Wilhelm Hammerö

ONSDAG

Inomhus, oh gym
Vecka 37-43, 45-49
17.00-18.00

Athletic Sports School

Alice Widell
Allan Krüger Hagström
Anton Krondell
Christopher Berg
Disa Levinsson Olsson
Ester Annvik
Esther Magnusson
Filip Christoffersson
Oskar Bengtsson
Oskar Turesson
Wilhelm Hammerö

18.00-19.00

Athletic Sports School

Albert Widell
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Clarissa Blomqvist
Dante Levinsson Olsson
Elena Samuelsson
Hedvig Turesson
Hugo Magnusson
Linea Bajraliu
Linus Andersson
Lukas Andersson
Olivia Lindestaf
Tilda Hessleryd