Tid	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Tid	Tid	Lördag	Söndag	Tid
7:00-7:45						7:00-7:45	8:00-8:15			8:00-8:15
							8:15-8:30			8:15-8:30
15:30-15:45						15:30-15:45	8:30-8:45			8:30-8:45
15:45-16:00						15:45-16:00	8:45-9:00			8:45-9:00
16:00-16:15						16:00-16:15	9:00-9:15	Mark Knivsta K1 Billy Mark Knivsta K2-K5 Elin		9:00-9:15
16:15-16:30						16:15-16:30	9:15-9:30			9:15-9:30
16:30-16:45						16:30-16:45	9:30-9:45			9:30-9:45
16:45-17:00			Mark. Knivsta K1 Billy		Mark Knivsta Billy Mark Knivsta Billy	16:45-17:00	9:45-10:00			9:45-10:00
17:00-17:15	Is Knivsta Tanja Is Knivsta Billy Is Knivsta Billy	Is Knivsta Elin Is Knivsta Elin Is Knivsta TVU Tanja			Is Knivsta Tanja Is Knivsta Tanja Is Knivsta K2-K5 Elin	17:00-17:15	10:00-10:15			10:00-10:15
17:15-17:30				Mark, Gränby Tanja		17:15-17:30	10:15-10:30	Is Knivsta K1 Billy Is Knivsta K2-K5 Elin Mark Knivsta Tanja Mark Knivsta Tanja		10:15-10:30
17:30-17:45	Mark, Gränby K1 Billy Mark, Gränby K2-K5 Elin Mark Gränby Tanja					17:30-17:45	10:30-10:45			10:30-10:45
17:45-18:00	Is Knivsta K1 Billy Is Knivsta Tanja Is Knivsta Tanja	Is Knivsta Tanja Is Knivsta Tanja Is Knivsta K1 Billy		Mark Gränby K2-K5 Malin Mark Extra Gränby K1 Billy	Is Knivsta Billy Is Knivsta Billy Is Knivsta Tanja	17:45-18:00	10:45-11:00			10:45-11:00
18:00-18:15			Mark Knivsta Elin Stretch från18.35 Mark Knivsta Elin Stretch från 18.35 Mark TVU Elin Stretch 18.35			18:00-18:15	11:00-11:15	Is Knivsta Elin Is Knivsta Elin Is Knivsta Tanja Is Knivsta Tanja		11:00-11:15
18:15-18:30						18:15-18:30	11:15-11:30			11:15-11:30
18:30-18:45	Mark, Gränby TVU+ VG Billy Mark, Gränby Elin Mark, Gränby Elin Mark, Gränby Tanja Mark, Gränby Tanja			Mark, Gränby Tanja Mark, Gränby Tanja Mark, Extra, Gränby Gul + Röd Billy		18:30-18:45	11:30-11:45			11:30-11:45
18:45-19:00	Is Knivsta Knivsta Tanja Is Knivsta Billy Is Knivsta Billy	Is Knivsta Tanja Is Knivsta Billy Is Knivsta Billy			Is Knivsta Elin Is Knivsta Elin Is Knivsta TVU + VG Billy Mark Knivsta Tanja Mark Knivsta Tanja Mark Knivsta Tanja	18:45-19:00	11:45-12:00			11:45-12:00
19:00-19:15						19:00-19:15	12:00-12:15	Is Knivsta Billy Is Knivsta Billy Is Knivsta Tanja		12:00-12:15
19:15-19:30						19:15-19:30	12:15-12:30			12:15-12:30
19:30-19:45	Is Knivsta TVU+VG Billy Is Knivsta Elin Is Knivsta Elin	Mark Extra Gränby Gul + Röd Billy Synkromark Gränby Moa	Is Knivsta Tanja Is Knivsta Tanja Is Knivsta TVU Billy	Mark, Gränby TVU+ VG Billy Mark, Gränby Moa Mark, Gränby Moa		19:30-19:45	12:30-12:45			12:30-12:45
19:45-20:00					Mark Knivsta Elin Mark Knivsta Elin	19:45-20:00	12:45-13:00			12:45-13:00
20:00-20:15	Mark. Knivsta TVU + VG Billy					20:00-20:15	13:00-13:15	Mark Knivsta Billy Mark Knivsta Billy Mark Knivsta Tanja		13:00-13:15
20:15-20:30						20:15-20:30	13:15-13:30			13:15-13:30
20:30-20:45						20:30-20:45	13:30-13:45			13:30-13:45
20:45-21:00						20:45-21:00	13:45-14:00			13:45-14:00
21:00-21:15						21:00-21:15	14:00-14:15			14:00-14:15
21:15-21:30						21:15-21:30	14:15-14:30			14:15-14:30
21:30-21:45						21:30-21:45	14:30-14:45			14:30-14:45
							14:45-15:00			14:45-15:00
							15:00-15:15			15:00-15:15
							15:15-15:30	Mark Extra, Gränby Grön , Lila, Orange, Turkos TVU Elin		15:15-15:30
							15:30-15:45			15:30-15:45
							15:45-16:00			15:45-16:00
							16:00-16:15			16:00-16:15
							16:15-16:30			16:15-16:30
							16:30-16:45			16:30-16:45
							16:45-17:00			16:45-17:00
							17:00-17:15		Mark Extra K1, Gränby Elin	17:00-17:15
							17:15-17:30			17:15-17:30
							17:30-17:45			17:30-17:45
							17:45-18:00			17:45-18:00
							18:00-18:15		Mark Extra Gränby Grön, Orange, Lila, Turkos, TVU Elin	18:00-18:15
							18:15-18:30			18:15-18:30
							18:30-18:45			18:30-18:45
							18:45-19:00			18:45-19:00
							19:00-19:15			19:00-19:15
							19:15-19:30			19:15-19:30