

| | Måndag | Tisdag | Onsdag | Torsdag | Fredag | |
|-------|----------------|-----------------|-----------------------------------|-------------------------------------|-----------------------------------|-------|
| 08.00 | | | | 08.00 | | 08.00 |
| 20 | 08.15 | | | | 08.15 | 20 |
| 40 | | | 08.30 | | | 40 |
| 09.00 | Ma/No DaKv | | Eng ViTh | | Idrott ChSj,SoEr Idrottshall | 09.00 |
| 20 | | | | Spec.idr 6-7 AnLi,MaRu,SoEr,ChSj | | 20 |
| 40 | | 09.35 | | | 09.35 | 40 |
| 10.00 | 10.10 | Sv/So SoPe | 09.55 | | 09.55 | 10.00 |
| 20 | | | Idrott SoEr,ChSj Idrottshall | | Sv/So SoPe | 20 |
| 40 | Sv/So SoPe | | | | | 40 |
| 11.00 | | 11.05 | 11.15 | 11.00 | | 11.00 |
| 20 | | | | | 11.25 | 20 |
| 40 | 11.45 | | | 11.45 | | 40 |
| 12.00 | Mentortid DaKv | 11.55 | 11.55 | Ma/No DaKv | 12.05 | 12.00 |
| 20 | | | Spv 6 LuJo,MaBo,StSa,CaSa,ThGu | | Spv 6 LuJo,MaBo,StSa,CaSa,ThGu | 20 |
| 40 | | | | | | 40 |
| 13.00 | 13.00 | Slöjd MaNi,NiHa | 12.50 | 13.20 | 13.00 | 13.00 |
| 20 | | | Ma/No DaKv | | | 20 |
| 40 | Eng ViTh | | | | Ma/No DaKv | 40 |
| 14.00 | | | 14.00 | Sv/So SoPe | | 14.00 |
| 20 | | 14.30 | | | 14.30 | 20 |
| 40 | | Bild HaÖh | | | | 40 |
| 15.00 | | | | 14.50 | | 15.00 |
| 20 | | 15.25 | | | | 20 |