



Örebro Hockey Ungdom
Sportlov 2025
Grupp -10/11

BAUER

Tisdag 18/2	Onsdag 19/2	Torsdag 20/2	
07:30– 08:30 Ispass	08:30 – 09:30 Fys	08:45-09:45 Ispass	
09:30-10:30 Fys/Mellis	10:00 – 11:00 Ispass	10:30 – 11:20 Fys	
11:15-12:15 Ispass	12:00– 12:30 Lunch	11:30-12:00 Lunch	
12:45-13:15 Lunch	12:45-13:15 Teori	12:30-13:30 Matchspel	
14:00-14:30 Fys	13:45-14:45 Ispass	14:00-14:30 Avslut	
15:00-16:00 Ispass	15:00 – 15:30 Nedvarvning		