

## Istider

## Fredrikstad Kunstløpklubb

## våren 2017 rev 1.2

MANDAG										
17:15 - 17:45	OFF-ICE		gr	gu					Ka	Kamil 91398324
17:45 - 18:30	IS	S	gr	gu					Ka, Mar, Ju, Th, Ca	Sigrun 92885741
18:30 - 18:45	VANNING									Lena 90297628
18:15 - 18:45	OPPVARMING							S		Else Berit 90931137
18:45 - 19:30	IS							S	Ka, Th, El	Therese 90860580
19:30 - 20:00	IS							S	Ka, Th, El	Martine 95251727
20:15 - 20:30	VANNING									Camilla 90034025
20:30 - 22:30	IS							S	Ka, El	Ingrid 90938726
										Jon-Erik 95167711

ONSDAG										
17:45 - 18:45	OFF-ICE			gu				S	Ka	
18:45 - 19:30	IS			gu				S	Ka, Th, Si	
19:30 - 20:00	IS							S	Ka	

TORSDAG										
14:15 - 15:15	IS		gr	gu					Ka, Th, Ca	
15:15 - 16:30	IS			gu				S	Ka, Th, Ca	
16:45 - 17:30	#INNAFOR							S	Je	

FREDAG										
16:30 - 17:00	OFF-ICE		gr	gu					Ka	
17:00 - 17:45	IS	S	gr	gu					Ka, Mar, Th	
17:00 - 18:15	IS								Ka, Th	
18:00 - 18:15	VANNING									
17:15 - 17:45	OPPVARMING							S		
17:45 - 19:15	IS							S	Ka, Si	
19:30 - 20:00	OFF-ICE							S	Ka	

Søndag										
17:00 - 18:00	BALLETT							S	Le	
18:00 - 19:00	BALLETT			gu					Le	
18:30 - 19:30	OFF-ICE							S	Ka	
19:30 - 20:30	IS							S	Ka, Si	
20:30 - 21:00	IS							S	Ka, Si	