

**Elit / T1 - Träning / Tävlingsplanering HT 21**

	Måndag	Tisdag	Onsdag	Torsdag	Freitag	Lördag	Söndag
<b>34</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>35</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>36</b>	09:00-11:00 (Elit) Badminton	SBL Vf-PTBK 18:30	Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	SBL 18:30 PTBK-Thn	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>37</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>38</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>39</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	SBL 18:30 PTBK-Umeå	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>40</b>	09:00-11:00 (Elit) Badminton	SBL HBK-PTBK 18:30	Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>41</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>42</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	SBL 18:30 PTBK-Täby			10:00-11:30 Badminton
<b>43</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>44</b>	<b>HÖSTLOVS CAMP</b>						
<b>45</b>	09:00-11:00 (Elit) Badminton	SBL Aura-PTBK 18:00	Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>46</b>	09:00-11:00 (Elit) Badminton	SBL Fyris-PTBK 18:30	Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>47</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>48</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>49</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton
<b>50</b>	09:00-11:00 (Elit) Badminton		((06:30-08:30)) Teknik / Sekvenser		09:00-11:00 (Elit) Badminton		
	18:00-20:00 Fys / Badminton	17:00-19:00 Multi	19:00-21:00 Matcher	18:00-19:30 Badminton			10:00-11:30 Badminton