

| TID | MÅNDAG | TISDAG | ONSDAG | TORSDAG | FREDAG | TID |
|-------|----------------|---------------|---------------|---------------|---------------|-------|
| | | Gul | Grön | | | |
| 08.00 | Sv 50 | Sv 60 | Sv 50 | Ma 60 | Ma 60 | 08.00 |
| 5 | | | | | | 5 |
| 10 | | | | | | 10 |
| 15 | | | | | | 15 |
| 20 | | | | | | 20 |
| 25 | | | | | | 25 |
| 30 | | | | | | 30 |
| 35 | | | | | | 35 |
| 40 | | | | | | 40 |
| 45 | | | | | | 45 |
| 50 | Rast | | Ombyte/Rast | | | 50 |
| 55 | | Ombyte/Rast | | | | 55 |
| | | | | | | 09.00 |
| 5 | | | | Rast | Rast | 5 |
| 10 | | | | | | 10 |
| 15 | | Ma 20 | Idrott 45 | | | 15 |
| 20 | Ma 60 | Bad 30 | | Sv 60 | Sv 60 | 20 |
| 25 | | | | | | 25 |
| 30 | | | | | | 30 |
| 35 | | | | | | 35 |
| 40 | | Ombyte | | | | 40 |
| 45 | | | | | | 45 |
| 50 | | Ombyte | | | | 50 |
| 55 | | Rast | | | | 55 |
| 10.00 | | | Ombyte/Rast | | | 10.00 |
| 5 | | | | | | 5 |
| 10 | | | | | | 10 |
| 15 | | | | | | 15 |
| 20 | | Ma 20 | | | | 20 |
| 25 | | Ombyte | | | | 25 |
| 30 | Lunch | Rast | Lunch | Lunch | Lunch | 30 |
| 35 | | | | | | 35 |
| 40 | | | | | | 40 |
| 45 | Bild/Teknik 55 | Lunch | ma 55 | Sv 25 | Sv 10 | 45 |
| 50 | | | | | | 50 |
| 55 | | | | | Mu 45 | 55 |
| 11.00 | | | | | | 11.00 |
| 5 | | So 45 | | | | 5 |
| 10 | | | | Enq 30 | | 10 |
| 15 | | | | | | 15 |
| 20 | | | | | | 20 |
| 25 | | | | | | 25 |
| 30 | | | | | | 30 |
| 35 | | | | | | 35 |
| 40 | Rast | Rast | Rast | Rast | Rast | 40 |
| 45 | | | | | | 45 |
| 50 | | Rast | | | | 50 |
| 55 | | | | | | 55 |
| 12.00 | | | | | | 12.00 |
| 5 | | | | | | 5 |
| 10 | No 50 | Sv 50 | So 50 | No 40 | Ev 15 | 10 |
| 15 | | | | | sv 20 | 15 |
| 20 | | | | | | 20 |
| 25 | | | | | | 25 |
| 30 | | | | | | 30 |
| 35 | | | | | | 35 |
| 40 | | | | | Bild/Teknik 5 | 40 |
| 45 | | | | | | 45 |
| 50 | | | | | Sluttid 12.50 | 50 |
| 55 | | | | so 10 | | 55 |
| 13.00 | Sluttid 13.00 | Sluttid 13.00 | Sluttid 13.00 | sluttid 13.00 | | 13.00 |
| 5 | | | | | | 5 |
| 10 | | | | | | 10 |
| 15 | | | | | | 15 |
| 20 | | | | | | 20 |