

Veckoschema Friidrottens Hus hösten 2023 (grönt = födda 2009 och tidigare)

| | Måndag | Tisdag | Onsdag | Torsdag | Fredag | Lördag | Söndag | |
|---------------|--|-------------------------------------|--|------------------------------------|--|--|--|--|
| 8:00 - 9:00 | 08:00-21:00 FIG-träning 07:30-9:00 | 08:00-21:00 | 08:00-21:00 FIG-träning 07:30-9:00 | 08:00-21:00 | 08:00-20:00 FIG-träning 07:30-9:00 | | | |
| 9:00 - 9:30 | 2009 & tidigare | 2009 & tidigare | 2009 & tidigare | 2009 & tidigare | 2009 & tidigare | 09:00-17:00 Ungdom, 2010-2014 09:00-10:00 | 09:00-19:00 Ungdom, 2010-2014 09:00-10:00 | |
| 9:30 - 10:00 | | | | | | | | |
| 10:00 - 10:30 | | | | | | | | |
| 10:30 - 11:00 | | | | | | | | |
| 11:00 - 11:30 | | | | | | | | |
| 11:30 - 12:00 | | | | | | | | |
| 12:00 - 12:30 | | | | | | | | |
| 12:30 - 13:00 | | | | | | | | |
| 13:00 - 13:30 | | | | | | | | |
| 13:30 - 14:00 | | | | | | | | |
| 14:00 - 14:30 | | | | | | | | |
| 14:30 - 15:00 | | | | | | | | |
| 15:00 - 15:30 | | | | | | | | |
| 15:30 - 16:00 | | | | | | | | |
| 16:00 - 16:30 | | | | | | | | |
| 16:30 - 17:00 | | | | | | | | |
| 17:00 - 17:30 | | | | | | | | |
| 17:30 - 18:00 | | | | | | | | |
| 18:00 - 18:30 | | | Ungdom 2012-2014 18:00-19:30 | | | | | |
| 18:30 - 19:00 | | | | | | | | |
| 19:00 - 19:30 | | | | | | | | |
| 19:30 - 20:00 | Ungdom, 2010-2014 19:30-21.00 | Ungdom, 2010-2014 19:30-21.00 | Ungdom 2010-2011 19:30-21.00 | Ungdom 2010-2014 19:30-21.00 | Ungdom, 2010-2014 18:00-20.00 | | | |
| 20:00 - 20:30 | | | | | | | | |
| 20:30 - 21:00 | | | | | | | | |