

# 28 sep - 4 okt 2026

| Tid   | Mån 28 | Tis 29 | Ons 30 | Tor 1 | Fre 2 | Lör 3 | Sön 4 |
|-------|--------|--------|--------|-------|-------|-------|-------|
| 06:00 |        |        |        |       |       |       |       |
| 07:00 |        |        |        |       |       |       |       |
| 08:00 |        |        |        |       |       |       |       |
| 09:00 |        |        |        |       |       |       |       |
| 10:00 |        |        |        |       |       |       |       |
| 11:00 |        |        |        |       |       |       |       |
| 12:00 |        |        |        |       |       |       |       |
| 13:00 |        |        |        |       |       |       |       |
| 14:00 |        |        |        |       |       |       |       |
| 15:00 |        |        |        |       |       |       |       |
| 16:00 |        |        |        |       |       |       |       |
| 17:00 |        |        |        |       |       |       |       |
| 18:00 |        |        |        |       |       |       |       |
| 19:00 |        |        |        |       |       |       |       |
| 20:00 |        |        |        |       |       |       |       |
| 21:00 |        |        |        |       |       |       |       |

5 - 11 oktober 2026

| Tid   | Mån 5 | Tis 6 | Ons 7 | Tor 8 | Fre 9 | Lör 10 | Sön 11 |
|-------|-------|-------|-------|-------|-------|--------|--------|
| 06:00 |       |       |       |       |       |        |        |
| 07:00 |       |       |       |       |       |        |        |
| 08:00 |       |       |       |       |       |        |        |
| 09:00 |       |       |       |       |       |        |        |
| 10:00 |       |       |       |       |       |        |        |
| 11:00 |       |       |       |       |       |        |        |
| 12:00 |       |       |       |       |       |        |        |
| 13:00 |       |       |       |       |       |        |        |
| 14:00 |       |       |       |       |       |        |        |
| 15:00 |       |       |       |       |       |        |        |
| 16:00 |       |       |       |       |       |        |        |
| 17:00 |       |       |       |       |       |        |        |
| 18:00 |       |       |       |       |       |        |        |
| 19:00 |       |       |       |       |       |        |        |
| 20:00 |       |       |       |       |       |        |        |
| 21:00 |       |       |       |       |       |        |        |

# 12 - 18 oktober 2026

| Tid   | Mån 12 | Tis 13 | Ons 14 | Tor 15 | Fre 16 | Lör 17 | Sön 18 |
|-------|--------|--------|--------|--------|--------|--------|--------|
| 06:00 |        |        |        |        |        |        |        |
| 07:00 |        |        |        |        |        |        |        |
| 08:00 |        |        |        |        |        |        |        |
| 09:00 |        |        |        |        |        |        |        |
| 10:00 |        |        |        |        |        |        |        |
| 11:00 |        |        |        |        |        |        |        |
| 12:00 |        |        |        |        |        |        |        |
| 13:00 |        |        |        |        |        |        |        |
| 14:00 |        |        |        |        |        |        |        |
| 15:00 |        |        |        |        |        |        |        |
| 16:00 |        |        |        |        |        |        |        |
| 17:00 |        |        |        |        |        |        |        |
| 18:00 |        |        |        |        |        |        |        |
| 19:00 |        |        |        |        |        |        |        |
| 20:00 |        |        |        |        |        |        |        |
| 21:00 |        |        |        |        |        |        |        |

# 19 - 25 oktober 2026

| Tid   | Mån 19 | Tis 20 | Ons 21 | Tor 22 | Fre 23 | Lör 24 | Sön 25 |
|-------|--------|--------|--------|--------|--------|--------|--------|
| 06:00 |        |        |        |        |        |        |        |
| 07:00 |        |        |        |        |        |        |        |
| 08:00 |        |        |        |        |        |        |        |
| 09:00 |        |        |        |        |        |        |        |
| 10:00 |        |        |        |        |        |        |        |
| 11:00 |        |        |        |        |        |        |        |
| 12:00 |        |        |        |        |        |        |        |
| 13:00 |        |        |        |        |        |        |        |
| 14:00 |        |        |        |        |        |        |        |
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| 16:00 |        |        |        |        |        |        |        |
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| 18:00 |        |        |        |        |        |        |        |
| 19:00 |        |        |        |        |        |        |        |
| 20:00 |        |        |        |        |        |        |        |
| 21:00 |        |        |        |        |        |        |        |

# 26 okt - 1 nov 2026

| Tid   | Mån 26 | Tis 27 | Ons 28 | Tor 29 | Fre 30 | Lör 31 | Sön 1 |
|-------|--------|--------|--------|--------|--------|--------|-------|
| 06:00 |        |        |        |        |        |        |       |
| 07:00 |        |        |        |        |        |        |       |
| 08:00 |        |        |        |        |        |        |       |
| 09:00 |        |        |        |        |        |        |       |
| 10:00 |        |        |        |        |        |        |       |
| 11:00 |        |        |        |        |        |        |       |
| 12:00 |        |        |        |        |        |        |       |
| 13:00 |        |        |        |        |        |        |       |
| 14:00 |        |        |        |        |        |        |       |
| 15:00 |        |        |        |        |        |        |       |
| 16:00 |        |        |        |        |        |        |       |
| 17:00 |        |        |        |        |        |        |       |
| 18:00 |        |        |        |        |        |        |       |
| 19:00 |        |        |        |        |        |        |       |
| 20:00 |        |        |        |        |        |        |       |
| 21:00 |        |        |        |        |        |        |       |