

# Hösten 2026

## Vattenträning

vecka 36 - 49

### Måndag

**Bassängen Norreremark (45min)**  
9:00 | 10:00 | 11:00 | 12:50 | 13:40 |  
16:00 | 16:50

**Simhallen Actic (45min)**  
19:15 | 20:05

### Torsdag

**Bassängen Norreremark (45min)**  
8:30 | 9:20 | 11:15 | 12:05 | 16:00 |  
16:50 | 17:40 | 18:30 | 19:20

### Tisdag

**Bassängen Norreremark (45min)**  
11:00 | 11:50 | 13:30 | 14:30 | 15:30 |  
16:20 | 18:00 | 18:50

**Simhallen Actic (30min)**  
11:25

### Fredag

**Bassängen Norreremark (45min)**  
9:30 | 10:20

### Onsdag

**Bassängen Norreremark (45min)**  
11:00 | 11:50 | 13:00 | 13:55 | 16:40 |  
17:30 | 18:20 | 19:10

**Simhallen Actic (30min)**  
11:25



Heja  
på!

**KORPEN**  
VÄXJÖ