

| | Tis | | Ons | | Sön | | | |
|--------------|-------------------|--------------|-------------------|--------------|-------------------|---------------|------------------|--|
| Vecka | Barn | Vuxen | Barn | Vuxen | Barn | Ungdom | Nybörjare | |
| 3 | 2012-01-17 | | 2012-01-18 | | 2012-01-22 | | | |
| Instruktör | Charbel | Björn | Sara | Daniel | Magnus | Magnus | Mats | |
| Assistent | Jonas | - | Alex | Tim | Jonas | Jonas | | |
| 4 | 2012-01-24 | | 2012-01-25 | | 2012-01-29 | | | |
| Instruktör | Charbel | Björn | Magnus | Mats | Youssef | Youssef | Mats | |
| Assistent | Micke | - | Linnéa | Markus | Anton | Anton | Tim | |
| 5 | 2012-01-31 | | 2012-02-01 | | 2012-02-05 | | | |
| Instruktör | Charbel | Björn | Magnus | Daniel | Daniel | Daniel | Mats | |
| Assistent | Olivia | - | Anton | Julia | Linnea | Linnea | Markus | |
| 6 | 2012-02-07 | | 2012-02-08 | | 2012-02-12 | | | |
| Instruktör | Charbel | Björn | Sara | Youssef | Rita | Rita | Rita | |
| Assistent | Micke | - | Alex | Max | Jonas | Jonas | Julia | |
| 7 | 2012-02-14 | | 2012-02-15 | | 2012-02-19 | | | |
| Instruktör | Charbel | Björn | Magnus | Daniel | Magnus | Magnus | Mats | |
| Assistent | Jonas | - | Linnéa | Tim | Jonas | Jonas | Max | |
| 8 | 2012-02-21 | | 2012-02-22 | | 2012-02-26 | | | |
| Instruktör | Charbel | Björn | Sara | Mats | Youssef | Youssef | Mats | |
| Assistent | Micke | - | Alex | Markus | Anton | Anton | Tim | |
| 9 | 2012-02-28 | | 2012-02-29 | | 2012-03-04 | | | |
| Instruktör | | Björn | Sportlov | Daniel | | 1900-01-00 | Mats | |
| Assistent | | - | | Julia | | 1900-01-00 | Markus | |
| 10 | 2012-03-06 | | 2012-03-07 | | 2012-03-11 | | | |
| Instruktör | Charbel | Björn | Sara | Youssef | Rita | Rita | Rita | |
| Assistent | Jonas | - | Alex | Max | Jonas | Jonas | Julia | |
| 11 | 2012-03-13 | | 2012-03-14 | | 2012-03-18 | | | |
| Instruktör | Charbel | Björn | Magnus | Daniel | Magnus | Magnus | Mats | |
| Assistent | Micke | - | Anton | Tim | Jonas | Jonas | Max | |

| | | | | | | | | |
|------------|-------------------|-------|-------------------|---------|------------------------------|------------|--------|---|
| 12 | 2012-03-20 | | 2012-03-21 | | 2012-03-25 | | | |
| Instruktör | Charbel | Björn | Sara | Mats | Yousef | Yousef | Mats | |
| Assistent | Olivia | - | Alex | Markus | Anton | Anton | Tim | |
| 13 | 2012-03-27 | | 2012-03-28 | | 2012-04-01 | | | |
| Instruktör | Charbel | Björn | Magnus | Daniel | Daniel | Daniel | Mats | |
| Assistent | Micke | - | Linnéa | Julia | Linnea | Linnea | Markus | |
| 14 | 2012-04-03 | | 2012-04-04 | | 2012-04-08 | | | |
| Instruktör | Charbel | Björn | Sara | Youssef | Påskdagen | | | |
| Assistent | Jonas | - | Alex | Max | | | | |
| 15 | 2012-04-10 | | 2012-04-11 | | 2012-04-15 | | | |
| Instruktör | Påsklov | Björn | Påsklov | Daniel | Påsklov | Påsklov | Mats | |
| Assistent | | - | | Tim | | 1900-01-00 | Max | |
| 16 | 2012-04-17 | | 2012-04-18 | | 2012-04-22 | | | |
| Instruktör | Charbel | Björn | Magnus | Mats | Magnus | Magnus | Mats | |
| Assistent | Micke | - | Anton | Markus | Jonas | Jonas | Tim | |
| 17 | 2012-04-24 | | 2012-04-25 | | 2012-04-29 | | | |
| Instruktör | Charbel | Björn | Magnus | Daniel | Daniel | Daniel | Mats | |
| Assistent | Olivia | - | Linnéa | Julia | Linnea | Linnea | Markus | - |
| 18 | 2012-05-01 | | 2012-05-02 | | 2012-05-06 | | | |
| Instruktör | Första maj | | Sara | Youssef | Rita | Rita | Rita | |
| Assistent | | | Alex | Max | Jonas | Jonas | Julia | - |
| 19 | 2012-05-08 | | 2012-05-09 | | 2012-05-13 | | | |
| Instruktör | Charbel | Björn | Magnus | Daneil | Magnus | Magnus | Mats | |
| Assistent | Jonas | | Anton | Tim | Jonas | Jonas | Max | - |
| 20 | 2012-05-15 | | 2012-05-16 | | 2012-05-20 | | | |
| Instruktör | Charbel | Björn | Sara | Mats | Youssef | Youssef | Mats | |
| Assistent | Micke | | Alex | Markus | Anton | Anton | Tim | - |
| 21 | 2012-05-22 | | 2012-05-23 | | 2012-05-27 | | | |
| Instruktör | Charbel | Björn | Magnus | Daniel | Gradering Barn/ungdom | | | |
| Assistent | Olivia | | Linnéa | Julia | | | | |
| 22 | 2012-05-29 | | 2012-05-30 | | 2012-06-03 | | | |
| Instruktör | Slut | Björn | Slut | Youssef | Gradering Vuxna | | | |
| Assistent | Slut | | Slut | Max | | | | |