

# Ice Planet

**SCHEDULE GROUPS**

**RED**

**WEEK 30 2019**

## Monday –to- Friday:

06 :45 : breakfast 1

07 :10 : meeting point in lobby

07 :30--08 :15 : on ice, steps/skating skills

08 :30-09:15 : breakfast 2

09:25 : meeting point in lobby

10 :00-10 :45 : on ice, technic

10 :55- 11 :40 : Ballet, squash room at ice rink

13 :00 : lunch

14:55 : meeting point in lobby

15 :30-16 :15. on ice, technic

16 :30- 17 :20 : off ice work in Gymnasium

20 :00 : Dinner

EXTRA :

14:45- 15:30 : on ice, programs ( part of the group)

(coaches team will organise daily who must stay for programs)