

# Ice Planet

**SCHEDULE GROUPS**  
**Ulrich SALCHOW**  
**WEEKS 29- 2019**

## Monday –to- Friday:

07 :00 : breakfast

07 :40 : meeting point in lobby

08 :15--09 :00 : on ice, steps/skating skills

09 :10- 09 :55 : Ballet, ballet room at ice rink

11 :10 : meeting point in lobby

11 :45-12 :30. on ice, technic

13 :00 : lunch

15 :50 : meeting point in lobby

16 :00- 16 :50 : off ice work in Gymnasium

19 :10 : meeting point in lobby

19 :45-20 :30 : on ice, technic

20 :45 : Dinner