


SWETEC Elite - V28/29 Grupp 3



SUNDAY	MONDAY	TUESDAY	WEDNESDAY GR.1	WEDNESDAY GR 2	THURSDAY	FRIDAY	SATURDAY
 <p>ELITE ACADEMY 2020 Incheckning på Tyrshov Grupp 1, kl. 13.00-13.30 Grupp 2, kl.13.30-14.00 i entrepén andra våningen cafeterian samt badet.</p> <p>Övriga dagar samling kl. 07.30 varje morgon.</p>	07.30 SAMLING	07.30 SAMLING	07.30 SAMLING	07.30 SAMLING	07.30 SAMLING	07.30 SAMLING	07.30 SAMLING
	08.00 THEORY 30 min	08.00 THEORY 30 min	08.00 ICE PRACTICE 75 min	08.00 OFFICE XFIT 45 min	08.00 THEORY 30 min	08.00 THEORY 30 min	08.00 THEORY 30 min
	09.00 OFFICE XFIT 45 min	09.00 OFFICE XFIT 45 min	09.45 OFFICE XFIT 45 min	09.30 ICE PRACTICE 75 min	09.00 OFFICE XFIT 45 min	09.00 OFFICE XFIT 45 min	09.00 OFFICE XFIT 45 min
	11.00 ICE PRACTICE 75 min	11.00 ICE PRACTICE 75 min	11.00 ICE PRACTICE 75 min	11.30 LUNCH	11.00 ICE PRACTICE 75 min	11.00 ICE PRACTICE 75 min	11.00 ICE PRACTICE 75 min
	13.00 LUNCH	13.00 LUNCH	13.00 LUNCH	12.30 ICE PRACTICE 75 min	13.00 LUNCH	13.00 LUNCH	13.00 LUNCH CLEANING
	14.00 OFFICE XFIT 45 min Tyrshallen	14.00 OFFICE XFIT 45 min Tyrshallen	14.00 ICE PRACTICE 75 min	14.15 OFFICE XFIT 45 min	14.00 OFFICE XFIT 45 min Tyrshallen	14.00 OFFICE XFIT 45 min Tyrshallen	14.00 PLAY GAMES 60 min
	15.30 ICE PRACTICE 75 min	15.30 ICE PRACTICE 75 min	15.30 OFFICE XFIT 45 min	15.30 ICE PRACTICE 75 min	15.30 ICE PRACTICE 75 min	15.30 ICE PRACTICE 75 min	15.30 END OF CAMP
	14.30-15.30 ICE PRACTICE 60 min	17.45 DINNER	17.45 DINNER	16.45 DINNER	17.00 DINNER	17.45 DINNER	17.45 DINNER
	16.00 END OF DAY	19.30 ICE PRACTICE 60 min	19.30 ICE PRACTICE 60 min			19.30 ICE PRACTICE 60 min	19.30 ICE PRACTICE 60 min
	GUL - 4 DAGARS CAMP BLÅ - 3 DAGARS CAMP	21.00 END OF DAY	21.00 END OF DAY	17.00 END OF DAY	17.00 END OF DAY	21.00 END OF DAY	21.00 END OF DAY