


# SWETEC Skate&Skills - V28/29 Grupp 1



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p><b>SKILLS&amp;SKATE 2020</b> Incheckning på Tyrshov Caferian kl. 13.00-13.30 i entre´n andra våningen</p> <p>Samling kl. 07.30 varje morgon.</p> <p><b>OBS! ONSDAG LEDIGT!</b></p>	<b>07.30 SAMLING</b>	<b>07.30 SAMLING</b>	<b>07.30 SAMLING</b>		<b>07.30 SAMLING</b>	<b>07.30 SAMLING</b>	<b>07.30 SAMLING</b>	
	<b>08.00 ICE PRACTICE</b> 75 min	<b>08.00 ICE PRACTICE</b> 75 min	<b>08.00 ICE PRACTICE</b> 75 min		<b>08.00 ICE PRACTICE</b> 75 min	<b>08.00 ICE PRACTICE</b> 75 min	<b>08.00 ICE PRACTICE</b> 75 min	
	<b>09.45 OFFICE XFIT</b> 45 min	<b>09.45 OFFICE XFIT</b> 45 min	<b>09.45 OFFICE XFIT</b> 45 min		<b>09.45 OFFICE XFIT</b> 45 min	<b>09.45 OFFICE XFIT</b> 45 min	<b>09.45 OFFICE XFIT</b> 45 min	
	<b>11.00 ICE PRACTICE</b> 75 min	<b>11.15 LUNCH</b>	<b>11.15 LUNCH</b>		<b>11.15 LUNCH</b>	<b>11.15 LUNCH</b>	<b>11.00 LUNCH</b>	
	<b>12.45 LUNCH</b>	<b>12.30 ICE PRACTICE</b> 75 min	<b>12.30 ICE PRACTICE</b> 75 min		<b>12.30 ICE PRACTICE</b> 75 min	<b>12.30 ICE PRACTICE</b> 75 min	<b>12.30 PLAY GAMES</b> 60 min	
	<b>13.00 -13.30 INCHECK</b>							
		<b>13.45 THEORY</b> 30 min	<b>14.15 THEORY</b> 30 min	<b>14.15 THEORY</b> 30 min		<b>14.15 THEORY</b> 30 min	<b>14.15 THEORY</b> 30 min	<b>14.00 CLEANING</b> 30 min
	<b>14.00-14.30 MEETING</b>							
	<b>15.00-15.45 ICE PRACTICE</b> 45 min	<b>14.30 OFFICE XFIT</b> 60 MIN	<b>15.00 OFFICE XFIT</b> 45 MIN	<b>15.00 OFFICE XFIT</b> 45 MIN		<b>15.00 OFFICE XFIT</b> 45 MIN	<b>15.00 OFFICE XFIT</b> 45 MIN	<b>14.30 END OF CAMP</b>
	<b>16.30 END OF DAY</b>	<b>16.00 DINNER</b>	<b>16.00 DINNER</b>	<b>16.00 DINNER</b>		<b>16.00 DINNER</b>	<b>16.00 DINNER</b>	
		<b>17.00 ICE PRACTICE</b> 60 min	<b>17.00 ICE PRACTICE</b> 60 min		<b>17.00 ICE PRACTICE</b> 60 min	<b>17.00 ICE PRACTICE</b> 60 min		
	<b>16.30 END OF DAY</b>	<b>17.30 END OF DAY</b>	<b>17.30 END OF DAY</b>		<b>17.30 END OF DAY</b>	<b>17.30 END OF DAY</b>		