



SWETEC Elite, 10-16 july



SUNDAY	MONDAY	TUESDAY	WEDNESDAY GR.1	WEDNESDAY GR 2	THURSDAY	FRIDAY	SATURDAY	
	07.30 SAMLING	07.30 SAMLING	07.30 SAMLING	07.30 SAMLING	07.30 SAMLING	07.30 SAMLING	07.30 SAMLING	
 <p>ELITE CHALLENGE 2022 CHECK IN TIME - Tyrshov Group 1 - 13.00 Group 2 - 13.30</p> <p>We start other days 07.30.</p> <p>Let's go week...</p>	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	
	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 END OF CAMP	
	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	<p>Have good season Thanko for week</p> <p>We hope see you 2023 Team Swetec</p> 	
	14.30-15.30 ICE PRACTICE 60 min	17.45 DINNER	17.45 DINNER	16.45 DINNER	17.30 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
YELLOW - 4 DAY 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		