


SWETEC SKILLS, Group 1, 9 - 16 july



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>SKILLS Challenge 2022 Incheckning på Tyrshov</p> <p>Samling kl. 07.30 varje morgon.</p> <p>OBS! ONSDAG LEDIGT!</p>	07.30 SAMLING	07.30 SAMLING	07.30 SAMLING		07.30 SAMLING	07.30 SAMLING	07.30 SAMLING	
	08.00 ICE PRACTICE 75 min	08.00 ICE PRACTICE 75 min	08.00 ICE PRACTICE 75 min		08.00 ICE PRACTICE 75 min	08.00 ICE PRACTICE 75 min	08.00 ICE PRACTICE 75 min	
	09.45 OFFICE XFIT 45 min	09.45 OFFICE XFIT 45 min	09.45 OFFICE XFIT 45 min		09.45 OFFICE XFIT 45 min	09.45 OFFICE XFIT 45 min	09.45 OFFICE XFIT 45 min	
	11.00 ICE PRACTICE 75 min	11.15 LUNCH	11.15 LUNCH		11.15 LUNCH	11.15 LUNCH	11.00 LUNCH	
	12.45 LUNCH	12.45 ICE PRACTICE 75 min	12.45 ICE PRACTICE 75 min		12.45 ICE PRACTICE 75 min	12.45 ICE PRACTICE 75 min	12.30 GAMES 60 min	
	13.00 -13.30 INCHECK							
		13.45 THEORY 30 min	14.15 THEORY 30 min	14.15 THEORY 30 min		14.15 THEORY 30 min	14.15 THEORY 30 min	14.00 CLEANING 30 min
	14.00-14.30 MEETING							
	15.00-15.45 ICE PRACTICE 45 min	15:00 OFFICE XFIT 60 MIN	15:00 OFFICE XFIT 45 MIN	15:00 OFFICE XFIT 45 MIN		15:00 OFFICE XFIT 45 MIN	15:00 OFFICE XFIT 45 MIN	14.30 END OF CAMP
	16.30 END OF DAY	16.30 DINNER	16.45 DINNER	16.45 DINNER		16.45 DINNER	16.45 DINNER	
		18:15 ICE PRACTICE 60 min	18:15 ICE PRACTICE 60 min		18:15 ICE PRACTICE 60 min	18:15 ICE PRACTICE 60 min		
	16.30 END OF DAY	17.30 END OF DAY	17.30 END OF DAY		17.30 END OF DAY	17.30 END OF DAY		