


ELITE CHALLENGE, 9-15 july

CCM ALL OUT.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY GR.1	WEDNESDAY GR 2	THURSDAY	FRIDAY	SATURDAY	
	07.30 STARTTIME	07.30 STARTTIME	07.30 STARTTIME	07.30 STARTTIME	07.30 STARTTIME	07.30 STARTTIME	07.30 STARTTIME	
 <p>ELITE CHALLENGE 2023 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/Test	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	
	FRUIT							
	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	
	13.00-13.30 INCHECK Group 1-2	SNACK	SNACK			SNACK	SNACK	
	13.30-14.00 MEETING	15.30 ICE PRACTICE 75 min	15.30 ICE PRACTICE 75 min	SNACK	SNACK	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 2024 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							
YELLOW - 4 DAY CAMP	19.30 ICE PRACTICE 60 min	19.30 ICE PRACTICE 60 min/Icetest			19.30 ICE PRACTICE 60 min	19.30 ICE PRACTICE 60 min		
	21.00 END OF DAY	21.00 END OF DAY	17.30 END OF DAY	18.15 END OF DAY	21.00 END OF DAY	21.00 END OF DAY	