

Monday	practise	group	coach	amount
08,00 - 08,45	SS + spins	1	V,K,N	14
08,45 - 09,30	SS + spins	2	V,K,N	14
09,45 - 10,30	SS + spins	3	V,K,N	11
10,30 - 11,15	tech	1	V,K,N	14
11,30 - 12,15	tech	2	D,K,N	14
12,15 - 13,00	tech.	3	V,K,D	11
13,15 - 14,00	prog.	A	V,D,N	10
14,00 - 14,45	tech	B	V,K,N	10
15,00 - 15,45	tech	C	V,D,K	11

Off ice	type	group	coach
08,30 - 09,15	spec.prep	3	D
09,15 - 10,00	spec.prep	1	D
10,00 - 10,45	spec.prep	2	D

Lunch	group
11,45 - 12,15	1
12,15 - 12,45	2
12,45 - 13,15	3

Tuesday	practise	group	coach	amount
08,00 - 08,45	SS + spins	1	C,D,N	14
08,45 - 09,30	SS + spins	2	V,C,D	14
09,45 - 10,30	SS + spins	3	V,D,N	11
10,30 - 11,15	tech	1	D,C,N	14
11,30 - 12,15	tech	2	V,K,D	14
12,15 - 13,00	tech.	3	V,N,K	11
13,15 - 14,00	tech	A	V,C,D	10
14,00 - 14,45	tech	B	K,N,V	10
15,00 - 15,45	tech.	C	D,K,N	11

Off ice	type	group	coach
08,30 - 09,15	mobility/Physio	3	K
09,15 - 10,00	mobility/Physio	1	K
10,00 - 10,45	mobility/Physio	2	K

Lunch	group
11,45 - 12,15	1
12,15 - 12,45	2
12,45 - 13,15	3

Wednesday	practise	group	coach	
08,00 - 08,45	SS + spins	1	V,C,D	15
08,45 - 09,30	SS + spins	2	V,C,D	14
09,45 - 10,30	SS + spins	3	V,C,D	12
10,30 - 11,15	tech	1	V,C,D	15
11,30 - 12,15	tech	2	V,N,C	14
12,15 - 13,00	tech.	3	V,N,D	12
13,15 - 14,00	prog.	A	N,C,D	10
14,00 - 14,45	tech	B	V,C,N	10
15,00 - 15,45	tech	C	D,C,N	10

Off ice	type	group	coach
08,30 - 09,15	agility/styrke	3	N
09,15 - 10,00	agility/styrke	1	N
10,00 - 10,45	agility/styrke	2	N

Lunch	group
11,45 - 12,15	1
12,15 - 12,45	2
12,45 - 13,15	3

Thursday	practise	group	coach	
08,00 - 08,45	SS + spins	1	V,D,N	10
08,45 - 09,30	SS + spins	2	V,D,N	10
09,45 - 10,30	SS + spins	3	V,D,N	10
10,30 - 11,15	tech	1	V,D,N	10
11,30 - 12,15	tech	2	V,C,N	10
12,15 - 13,00	tech.	3	V,D,N	10
13,15 - 14,00	prog.	A	C,N,D	9
14,00 - 14,45	tech	B	V,C,D	9
15,00 - 15,45	tech	C	D,N,C	8

Off ice	type	group	coach		Lunch	group
08,30 - 09,15	dance	3	C		11,45 - 12,15	1
09,15 - 10,00	dance	1	C		12,15 - 12,45	2
10,00 - 10,45	dance	2	C		12,45 - 13,15	3

Friday	practise	group	coach	
08,00 - 08,45	SS + spins	1	V, D	10
08,45 - 09,30	SS + spins	2	V, D	10
09,45 - 10,30	SS + spins	3	V, D	10
10,30 - 11,15	tech	1	V, D	10
11,30 - 12,15	tech	2	V,D,N	10
12,15 - 13,00	tech.	3	V,D,N	10
13,15 - 14,00	tech	A	V,D,N	9
14,00 - 14,45	tech	B	V,D,N	9
15,00 - 15,45	tech.	C	V,D,N	7

Off ice	type	group	coach		Lunch	group
08,30 - 09,15	stretching	3	N		11,45 - 12,15	1
09,15 - 10,00	stretching	1	N		12,15 - 12,45	2
10,00 - 10,45	stretching	2	N		12,45 - 13,15	3