


Schedule Rimbo

07.04.2019

-06 Convent

Sun		Sun		Sun	
Group 1		Goalies		Parents	
8 am		8 am		8 am	
:15		:15		:15	
:30		:30		:30	
:45		:45		:45	
9 am		9 am		9 am	
:15		:15		:15	
:30	Sammling	:30		:30	Sammling
:45		:45		:45	Strategy
10 am	Genomgång/Theoy	10 am		10 am	2025
:15	Upvärmning	:15		:15	
:30	Change	:30		:30	
:45		:45		:45	
11 am	ICE	11 am		11 am	
:15		:15		:15	
:30		:30		:30	
:45		:45		:45	
12 pm	Eftersnack/Frukt	12 pm		12 pm	
:20		:15		:15	
:30	LUNCH	:30		:30	
:45		:45		:45	
13 pm		13 pm		13 pm	
:15		:15		:15	
:30		:30		:30	
:45		:45		:45	
14 pm	Genomgång/Theoy	14 pm		14 pm	
:15	Upvärmning	:15		:15	
:30	Change	:30		:30	
:45		:45		:45	
15 pm	ICE	15 pm		15 pm	
:15		:15		:15	
:30		:30		:30	
:45		:45		:45	
16 pm	Eftersnack/Frukt	16 pm		16 pm	
:20		:15		:15	
:30		:30		:30	
:45		:45		:45	Sammling
17 pm		17 pm		17 pm	
:15		:15		:15	
:30		:30		:30	
:45		:45		:45	
18 pm		18 pm		18 pm	
:15		:15		:15	
:30		:30		:30	
:45		:45		:45	
19 pm		19 pm		19 pm	
:15		:15		:15	
:30		:30		:30	
:45		:45		:45	

 =Spoolning