

Björklingen Schedule

2019.03.24

-04 Convent

	Sun	Sun		Sun		Sun
	Group 1	Group 2		Goalies		Parents
8 am	Sammling		8 am		8 am	Sammling G1
:15	Genomgång/Theoy		:15		:15	
:30			:30		:30	
:45	Upvärmning		:45		:45	
9 am	Change		9 am		9 am	
:15			:15		:15	
:30			:30		:30	
:45		Sammling	:45		:45	Sammling G2
10 am	ICE	Genomgång/Theoy	10 am		10 am	
:15		Upvärmning	:15		:15	
:30		Change	:30		:30	
:45			:45		:45	
11 am	Eftersnack/Frukt		11 am		11 am	
:15			:15		:15	
:30	LUNCH	ICE	:30	LUNCH G1	:30	
:45			:45		:45	
12 pm			12 pm		12 pm	
:15			:15		:15	
:30			:30		:30	
:45	Genomgång/Theoy	Eftersnack/Frukt	:45		:45	2025
13 pm	Upvärmning		13 pm	ICE	13 pm	
:15	Change	LUNCH	:15		:15	
:30			:30		:30	
:45			:45		:45	
14 pm	ICE		14 pm	LUNCH G2	14 pm	
:15			:15		:15	
:30			:30		:30	
:45			:45		:45	
15 pm			15 pm		15 pm	
:15			:15		:15	
:30	Eftersnack/Frukt		:30		:30	
:45			:45		:45	
16 pm		Genomgång/Theoy	16 pm		16 pm	Sammling G1
:15		Upvärmning	:15		:15	
:30		Change	:30		:30	
:45			:45		:45	
17 pm			17 pm		17 pm	
:15			:15		:15	
:30		ICE	:30		:30	
:45			:45		:45	
18 pm			18 pm		18 pm	
:15			:15		:15	
:30		Eftersnack/Frukt	:30		:30	
:45			:45		:45	
19 pm			19 pm		19 pm	Sammling G1
:15			:15		:15	
:30			:30		:30	
:45			:45		:45	

 =Spooling