

Monday

Tuesday

Wednesday

Thursday

8.30-9.15 ice 1.gr	7.40-8.15 off ice 1.gr	8.30-9.15 ice 2.gr	7.40-8.15 off ice 2gr	8.45-9.30 ice 1.gr	8.15 warm up 1.gr	8.30-9.15 ice 1.gr	7.40-8.15 off ice 1.gr
9.15-10.00 ice2.gr	8.15-9.05 off ice 2+3	9.15-10.00 ice 1.gr	8.00-9.00 off ice 1.gr	9.30-10.15 ice 2.gr	8.30-9.15 off ice 2+3	9.15-10.00 ice2.gr	8.15-9.05 off ice 2+3
10.00-10.45 SS+3.gr	10.00-10-45 rot.1+2	10.00-10.45 ice SS+3	10.00-11.00 rot.1+2	10.15-11.00SS+3	10.15-11.00 rot.1+2	10.00-10.45 SS+3.gr	10.00-10-45 rot.1+2
11.00-12.00 ice 1.gr		11.00-11.45 ice 2.gr		11.15-12.15 ice 1+2		11.00-12.00 ice 1.gr	
11.45-12.30 ice 2.gr		11.30-12.15 ice 1.gr		12.15-13.00 SS+3		11.45-12.30 ice 2.gr	
12.30-13.15 SS+3.gr		12.15-13.00 SS+3				12.30-13.15 SS+3.gr	
	14.45 warm up 1.gr		14.45 warm up 1.gr	14.45-15.30 ice 1.gr	13.45 warm up 1		14.45 warm up 1.gr
15.30-16.30 ice 1.gr	15.30-16.15 off ice2+3	15.30-16.30 ice 1.gr	15.30-16.15off ice2+3	15.30-16.15 ice 2+3	14..30-15.15 off ice 2	15.30-16.30 ice 1.gr	15.30-16.15 off ice2+3
16.30-17.20 ice 2+3	17.00-17.20 rot.1.gr	16.30-17.20 ice 2+3	17.00-17.20 rot. 1.gr	16.30-17.15 ice 1	17.00-17.20 rot. 1.gr	16.30-17.20 ice 2+3	17.00-17.20 rot.1.gr
17.30-18.30 ice 1.gr		17.30-18.15 ice 1.gr			17.15-18.10 run 1+2	17.30-18.30 ice 1.gr	
			18.45-19.45 gym 1.gr				

Friday

Saturday

Sunday

8.30-9.15 ice 2.gr	7.40-8.15 off ice 2gr			day off	
9.15-10.00 ice 1.gr	8.00-9.00 off ice 1.gr		9.15 off ice 2.gr		
10.00-10.45 ice SS+3	10.00-11.00 rot.1+2	10.00-11.00 ice 2.gr	9.45 off ice 1.gr		
11.00-11.45 ice 2.gr		10.45-12. ice 1..gr			
11.30-12.15 ice 1.gr			12.45 gym 1.gr		
12.15-13.00 SS+3					
	14.45 warm up 1.gr		16.15-warm up 1.gr		
15.30-16.30 ice 1.gr	15.30-16.15off ice 2+3	17.00-18.00 ice 1.gr			
16.30-17.20 ice 2+3	17.00-17.20 rot. 1.gr				
17.30-18.15 ice 1.gr					
	18.45-19.45 gym 1.gr				