

**Week 30****2022-06-30****Gabi**

| Time        | Group 1a    | Group 1b    | Group 2     | Group 3     |
|-------------|-------------|-------------|-------------|-------------|
| 08.00-08.45 |             | is          |             |             |
| 08.45-09.30 |             |             |             | is          |
| 09.30-09.40 | Ice Care    | Ice Care    | Ice Care    | Ice Care    |
| 09.40-10.25 | is          | is          | Dance       | Dance       |
| 10.25-10.40 | Small Break | Small Break | Small Break | Small Break |
| 10.40-11.25 |             |             | is          | is          |
| 11.25-11.35 | Ice Care    | Ice Care    | Ice Care    | Ice Care    |
| 11.35-12.20 | Dance       | Dance       |             |             |
| 12.20-13.05 | Lunch       | Lunch       | Lunch       | Lunch       |
| 13.05-13.15 | Ice Care    | Ice Care    | Ice Care    | Ice Care    |
| 13.15-14.00 |             |             | is          | is          |
| 14.00-14.45 | is          |             |             |             |
| 14.45-14.55 | Ice Care    | Ice Care    | Ice Care    | Ice Care    |
| 14.55-15.40 | Fys         | Fys         | Fys         | Fys         |
| 15.40-16.00 | Small Break | Small Break | Small Break | Small Break |
| 16.00-16.45 | is          | is          | is          | Dinner      |
| 16.45-17.30 | Dinner      | Dinner      | Dinner      |             |
| 17.30-18.15 |             |             |             |             |

**Pamela**

| Time        | Group 1     | Group 2     | Group 3     |
|-------------|-------------|-------------|-------------|
| 08.00-08.45 |             |             |             |
| 08.45-09.30 |             | is          |             |
| 09.30-09.40 | Ice Care    | Ice Care    | Ice Care    |
| 09.40-10.25 | is          | Dance       | Dance       |
| 10.25-10.40 | Small Break | Small Break | Small Break |
| 10.40-11.25 |             |             | is          |
| 11.25-11.35 | Ice Care    | Ice Care    | Ice Care    |
| 11.35-12.20 | Dance       | is          | Lunch       |
| 12.20-13.05 | Lunch       | Lunch       | is          |
| 13.05-13.15 | Ice Care    | Ice Care    | Ice Care    |
| 13.15-14.00 |             | Fys         | Fys         |
| 14.00-14.45 | is          |             |             |
| 14.45-14.55 | Ice Care    | Ice Care    | Ice Care    |
| 14.55-15.40 | Fys         | is          | is          |
| 15.40-16.00 | Small Break | Small Break | Small Break |
| 16.00-16.45 | Dinner      | Dinner      | Dinner      |
| 16.45-17.30 | Ice Care    | Ice Care    | Ice Care    |
| 17.30-18.15 | is          |             |             |

All mat serveras i restaurangen på arenan, ovanför entrén på våning 2.

Mellanmål finns framtaget mellan 10.00-11.00, samt 14.00-15.00. Önskar ni mellanmål övrig tid, bara säg till i restaurangen.

Fys: All fys sker på testlabbet på Blekinge Helth Arena (Testlabbet), Arenavägen 5, ca 300 meter från ishallen. Fråga era kompisar från KASK om ni inte vet var det är så hjälper de er.

Dans: Samtling vid entrén till arenan. Vid fint väder är ni ute, vid dåligt väder är ni i entrén till arenan.