

Week 29

2022-07-18

Gabis groups

Time	Group 1	Group 2	Group 3	Group 4
07.00-7.45			is + Maja, Meja, Stella	is
7.45-8.00	Small break	Small break	Small break	Small break
8.00-8.45	is	is - Not Maja, Meja Stella		Dance
8.45-08.55	Ice Care	Ice Care	Ice Care	Ice Care
08.55-9.40		Dance	Dance	
9.40-10.25	Dance			is
10.25-10.35	Ice Care	Ice Care	Ice Care	Ice Care
10.35-11.20		is		
11.20-12.05	is		Fys	
12.05-12.15	Ice Care	Ice Care	Ice Care	Ice Care
12.15-13.00	Lunch	Lunch	Lunch	Lunch
13.00-13.45			is	
13.45-13.55	Ice Care	Ice Care	Ice Care	Ice Care
13.55-14.40	Fys	Fys		is
14.40-15.25			is	Fys (14.55-15.35)
15.25-15.35	Ice Care	Ice Care	Ice Care	Ice Care
15.35-16.20	is	Middag	Middag	Middag
16.20-17.05	Middag	is		
17.05-17.30	Ice Care/Dinner Coaches	Ice Care/Dinner Coaches	Ice Care/Dinner Coaches	Ice Care/Dinner Coaches
17.30-18.15				
18.15-19.00				

Susannes groups

Time	Group 1	Group 2	Group 3	Group 4
07.00-7.45				
7.45-8.00	Small break	Small break	Small break	Small break
8.00-8.45				
8.45-08.55	Ice Care	Ice Care	Ice Care	Ice Care
08.55-9.40		Dance		is
9.40-10.25	Dance		is	
10.25-10.35	Ice Care	Ice Care	Ice Care	Ice Care
10.35-11.20		is	Dance	Dance
11.20-12.05				
12.05-12.15	Ice Care	Ice Care	Ice Care	Ice Care
12.15-13.00	Lunch	Lunch	Lunch	is
13.00-13.45	is	Fys		Lunch
13.45-13.55	Ice Care	Ice Care	Ice Care	Ice Care
13.55-14.40	Fys		is	
14.40-15.25		is		
15.25-15.35	Ice Care	Ice Care	Ice Care	Ice Care
15.35-16.20	is	Middag	Fys	Fys
16.20-17.05	Middag	is	Middag	Middag
17.05-17.30	Ice Care/Dinner Coaches	Ice Care/Dinner Coaches	Ice Care/Dinner Coaches	Ice Care/Dinner Coaches
17.30-18.15			is	is
18.15-19.00	is			

Pamelas groups

Time	Group 1	Group 2	Group 3	Group 4
07.00-7.45				
7.45-8.00	Small break	Small break	Small break	Small break
8.00-8.45		Dance		Dance
8.45-08.55	Ice Care	Ice Care	Ice Care	Ice Care
08.55-9.40				is
9.40-10.25	Dance		is	
10.25-10.35	Ice Care	Ice Care	Ice Care	Ice Care
10.35-11.20		is	Dance	
11.20-12.05	is			
12.05-12.15	Ice Care	Ice Care	Ice Care	Ice Care
12.15-13.00	Lunch	Lunch	Lunch	is
13.00-13.45	Fys	Fys		Lunch
13.45-13.55	Ice Care	Ice Care	Ice Care	Ice Care
13.55-14.40			is	
14.40-15.25		is		
15.25-15.35	Ice Care	Ice Care	Ice Care	Ice Care
15.35-16.20	is	Middag	Fys	Fys
16.20-17.05	Middag	is	Middag	Middag
17.05-17.30	Ice Care/Dinner Coaches	Ice Care/Dinner Coaches	Ice Care/Dinner Coaches	Ice Care/Dinner Coaches
17.30-18.15			is	is
18.15-19.00	is			

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

Mellanmål finns framtaget mellan 09.00-10.30, samt 14.00-15.30. 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.