

Week 30**2022-07-23****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				
11.25-11.35	Ice Care	Ice Care	Ice Care	Ice Care
11.35-12.20	Dance	Dance	is	is
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			
14.00-14.45			is	is
14.45-15.05	Small Break/Ice Care	Small Break/Ice Care	Small Break/Ice Care	Small Break/Ice Care
15.05-15.50	Fys	Fys	Fys	Fys
15.50-16.10	Small Break/Ice Care	Small Break/Ice Care	Small Break/Ice Care	Small Break/Ice Care
16.10-16.55	is	is	is	Dinner
16.55-17.40	Dinner	Dinner	Dinner	
17.30-18.15				

Pamela

Time	Group 1	Group 2	Group 3
08.00-08.45	is		
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	is		
14.00-14.45		Fys	Fys
14.45-15.05	Small Break/Ice Care	Small Break/Ice Care	Small Break/Ice Care
15.05-15.50	Fys	is	is
15.50-16.10	Small Break/Ice Care	Small Break/Ice Care	Small Break/Ice Care
16.10-16.55	Dinner	Dinner	Dinner
16.55-17.40	Ice Care	Ice Care	Ice Care
17.30-18.15			

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.