

Mittwoch 03.03.2010	Donnerstag 04.03.2010	Freitag 05.03.2010		Samstag 06.03.2010		Sonntag 07.03.2010	
Team 1	Team 1	Team 1	Team 2 + 3	Team 1	Team 2 + 3	Team 1	Team 2 + 3
	07.30 - 08.00	07.30 - 08.00			08.00 - 08.30		08.00 - 08.30
	08.30 - 09.30 Jogging	08.30 - 09.30 Jogging	09.00 - 10.30	08.30 - 09.15	09.00 - 10.30	08.30 - 09.15	09.00 - 10.30
10.00 - 11.30	10.30 - 12.00	10.30 - 12.00		09.45 - 10.15		09.45 - 10.15	
			11.30 - 12.30	10.30 - 12.00		10.30 - 12.00	
12.00 - 13.15	12.30 - 14.00	12.30 - 14.00			11.30 - 12.30		12.00 - 13.00
			13.00 - 14.30	12.30 - 14.00		12.30 - 13.30	
14.00 - 15.15 Lauf	14:30 - 16.00	14:30 - 16.00 Powerskating			13.00 - 14.30		
			16.00 - 17.00	14:30 - 16.00		14.00 - 16.00	14.00 - 16.00
15.45 - 17.30	17.00 - 18.00	17.00 - 18.00			16.00 - 17.30	Aufräumen	Aufräumen
			17.30 - 18.30				
18.00 - 19.30				18.00 - 19.00	18.00 - 19.00		
	18.30 - 22.00 Abendessen auswärts				19.00 - 20.00		
20.00 - 22.00				20.00 - 22.00			

TOO HOT FOR ICE!

Legende:

Training Halle
Essen
Gelände
Theorie
Test- Spiel