

Mon 12-Mar-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
7.10-8.00	1	Specific physical conditioning	JI
17.10 - 18.00	2A	Specific physical conditioning	JS
18.10- 19.00	2B	Specific physical conditioning	KB

Tue 13-Mar-18

Time	Group	Activity	
5.50-6.40	2A/Dance	BALLET	MW
7.00-8.00	3/Dance	BALLET	MW
7.00-7.45	1	Specific physical conditioning	JS
17.55-18.55	2B	Specific physical conditioning	CP

Wed 14-Mar-18

Time	Group	Activity	
5.50-6.40	2A/Dance	BALLET	SR
7.00-8.00*	1/Dance	BALLET	SR
16.45-17.30	Jnr. Academy	BALLET	MW/RW
17.30-18.15	4	Specific physical conditioning	RC

15.3.18

THUR 15-Mar-18

Time	Group	ACTIVITY	COACH
6.00-6.45	2B/3	DANCE	HK
7.00-8.00	4	DANCE	HK
17.10-18.10	2A	Specific physical conditioning	RC

FRI 16-Mar-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	KB
16.10-17.00	1/Dance	DANCE	JP
17.00-18.00	2A/Dance	DANCE	JP

SAT 17-Mar-18

Time	Group	Activity	
No Off Ice Training			

SUN 18-Mar-18

Time	Group	Activity	
No Off Ice Training			

Mon 19-Mar-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
7.10-8.00	1	Specific physical conditioning	JS
17.10 - 18.00	2A	Specific physical conditioning	RC
18.00- 19.00	2B	Specific physical conditioning	KB

Tue 20-Mar-18

Time	Group	Activity	
5.50-6.40	2A/Dance	BALLET	MW
7.00-8.00	3/Dance	BALLET	MW
7.00-7.45	1	Specific physical conditioning	CP
17.00-18.00	2B	Specific physical conditioning	RW

Wed 21-Mar-18

Time	Group	Activity	
5.50-6.40	2A/Dance	DANCE	SR
7.00-8.00	1/Dance	DANCE	SR
16.45-17.30	Jnr. Academy	BALLET	MW/RW
17.30-18.15	4	Specific physical conditioning	RC

1.3.18

THUR 22-Mar-18

Time	Group	ACTIVITY	COACH
6.00-6.45	2B/3	DANCE	HK
7.00-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	RC
17.10-18.10	2A	Specific physical conditioning	RC

FRI 23-Mar-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	KB
16.10-17.00	1/Dance	BALLET	JP
17.00-18.00	2A/Dance	BALLET	JP

SAT 24-Mar-18

Time	Group	Activity	
6.00-6.45	3	DANCE	HK
6.50-7.40	2B	BALLET	HK
7.45-8.45	4	Specific physical conditioning	KB
8.55-9.55	1/2A	Specific physical conditioning	KB

SUN 25-Mar-18

Time	Group	Activity	
8.15-9.15	Dance	Specific physical conditioning	KB
9.30-10.15	Jnr. Academy	Specific physical conditioning	KB/RW

Mon 26-Mar-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
7.10-8.00	1	Specific physical conditioning	JI
17.10 - 18.00	2A	Specific physical conditioning	JS
18.00- 19.00	2B	Specific physical conditioning	KB

Tue 27-Mar-18

Time	Group	Activity	
5.50-6.40	2A/Dance	Specific physical conditioning	KB
7.00-8.00	3/Dance	Specific physical conditioning	KB
7.10-8.00	1	Specific physical conditioning	JS
17.55-18.55	2B	Specific physical conditioning	RW

Wed 28-Mar-18

Time	Group	Activity	
5.50-6.40	2A/Dance	BALLET	SR
7.00-8.00	1/Dance	BALLET	SR
16.45-17.30	Jnr. Academy	BALLET	MW/RW
17.30-18.15	4	Specific physical conditioning	RC

14.3.18

THUR 29-Mar-18

Time	Group	ACTIVITY	COACH
6.00-6.45	2B/3	DANCE	HK
7.10-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	CP
17.10-18.10	2A	Specific physical conditioning	CP

FRI 30-Mar-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	RC
16.10-17.00	1/Dance	DANCE	JP
17.00-18.00	2A/Dance	DANCE	JP

SAT 31-Mar-18

Time	Group	Activity	
6.00-6.45	3	DANCE	KB
6.50-7.40	2B	BALLET	KB
7.45-8.45	4	Specific physical conditioning	KB
8.55-9.55	1/2A	Specific physical conditioning	KB

SUN 01-Apr-18

Time	Group	Activity	
8.15-9.15	Dance	Specific physical conditioning	KB
9.30-10.15	Jnr. Academy	Specific physical conditioning	KB/RW

Mon 02-Apr-18

Time	Group	Activity	Coach
6.00-6.50	3	Specific physical conditioning	SR
7.10-8.00	4	Specific physical conditioning	SR
7.10-8.00	1	Specific physical conditioning	KB
17.10 - 18.00	2A	Specific physical conditioning	JS
18.10- 19.00	2B	Specific physical conditioning	KB

Tue 03-Apr-18

Time	Group	Activity	
5.50-6.40	2A/Dance	BALLET	MW
7.00-8.00	3/Dance	BALLET	MW
7.10-8.00	1	Specific physical conditioning	CP
18.00-18.55	2B	Specific physical conditioning	CP

Wed 04-Apr-18

Time	Group	Activity	
5.50-6.40	2A/Dance	DANCE	SR
7.00-8.00*	1/Dance	DANCE	SR
16.45-17.30	Jnr. Academy	Specific physical conditioning	RW/
17.30-18.15	4	Specific physical conditioning	LF

6.3.18

THUR 05-Apr-18

Time	Group	ACTIVITY	COACH
6.00-6.45	2B/3	DANCE	HK
7.10-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	CP
17.10-18.10	2A	Specific physical conditioning	CP

FRI 06-Apr-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	LF
16.10-17.10	1/Dance	BALLET	JP
17.20-18.20	2A/Dance	BALLET	JP

SAT 07-Apr-18

Time	Group	Activity	
6.00-6.45	3	DANCE	HK
6.50-7.40	2B	BALLET	HK
7.45-8.45	4	Specific physical conditioning	KB
8.55-9.55	1/2A	Specific physical conditioning	KB

SUN 08-Apr-18

Time	Group	Activity	
8.15-9.15	Dance	Specific physical conditioning	KB
9.30-10.15	Jnr. Academy	Specific physical conditioning	KB/RW

Mon 09-Apr-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
7.10-8.00	1	Specific physical conditioning	KB
8.10-9.00	2A	Specific physical conditioning	KB
18.00- 19.00	2B/Dance	Specific physical conditioning	KB

Tue 10-Apr-18

Time	Group	Activity	
5.50-6.40	2A	BALLET	MW
7.00-8.00	3	BALLET	MW
7.10-8.00	1	Specific physical conditioning	CP
18.00-18.55	2B	Specific physical conditioning	CP

Wed 11-Apr-18

Time	Group	Activity	
5.50-6.40	2A/Dance	BALLET	SR
7.00-8.00*	1/Dance	BALLET	SR
16.45-17.30	Jnr. Academy	Specific physical conditioning	RW/
17.15-18.00	4	Specific physical conditioning	LF

6.3.18

THUR 12-Apr-18

Time	Group	ACTIVITY	COACH
6.05-6.50	2B/3	DANCE	HK
7.10-8.00	4	DANCE	HK
17.10-18.00	1	Specific physical conditioning	CP
18.00-18.50	2A	Specific physical conditioning	CP

FRI 13-Apr-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	LF
16.10-17.10	1/Dance	DANCE	JP
17.20-18.20	2A/Dance	DANCE	JP

SAT 14-Apr-18

Time	Group	Activity	
7.10-8.00	2B	DANCE	HK
8.10-9.00	3	BALLET	HK
9.15-10.15	4	Specific physical conditioning	KB
11.15-12.15	2A	Specific physical conditioning	KB
12.15-13.15	1	Specific physical conditioning	KB

SUN 15-Apr-18

Time	Group	Activity	
8.15-9.15	Dance	Specific physical conditioning	KB
9.30-10.15	Jnr. Academy	Specific physical conditioning	KB/RW

Mon 16-Apr-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
7.10-8.00	1	Specific physical conditioning	JI
17.10 - 18.00	2A	Specific physical conditioning	JS
18.00- 19.00	2B/Dance	Specific physical conditioning	KB

Tue 17-Apr-18

Time	Group	Activity	
5.50-6.40	2A	Specific physical conditioning	KB
7.00-8.00	3	Specific physical conditioning	CP
7.00-7.45	1	Specific physical conditioning	KB
17.55-18.55	2B	Specific physical conditioning	CP

Wed 18-Apr-18

Time	Group	Activity	
5.50-6.40	2A/Dance	DANCE	SR
7.00-8.00	1/Dance	DANCE	SR
16.45-17.30	Jnr. Academy	Specific physical conditioning	RW/
17.30-18.15	4	Specific physical conditioning	LF

1.3.18

THUR 19-Apr-18

Time	Group	ACTIVITY	COACH
6.00-6.45	2B/3	DANCE	HK
7.00-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	CP
17.10-18.10	2A	Specific physical conditioning	CP

FRI 20-Apr-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	KB
16.10-17.00	1/Dance	BALLET	JP
17.00-18.00	2A/Dance	BALLET	JP

SAT 21-Apr-18

Time	Group	Activity	
6.00-6.45	3	DANCE	HK
6.50-7.40	2B	BALLET	HK
7.45-8.45	4	Specific physical conditioning	KB
8.55-9.55	1/2A	Specific physical conditioning	KB

SUN 22-Apr-18

Time	Group	Activity	
8.15-9.15	Dance	Specific physical conditioning	KB
9.30-10.15	Jnr. Academy	Specific physical conditioning	KB/CP

Mon 23-Apr-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
7.10-8.00	1	Specific physical conditioning	JI
17.10 - 18.00	2A	Specific physical conditioning	JS
18.00- 19.00	2B/Dance	Specific physical conditioning	KB

Tue 24-Apr-18

Time	Group	Activity	
5.50-6.40	2A	Specific physical conditioning	CP
7.00-8.00	3/Dance 2	Specific physical conditioning	RW
7.10-8.00	1	Specific physical conditioning	KB
17.55-18.55	2B	Specific physical conditioning	CP

Wed 25-Apr-18

Time	Group	Activity	
5.50-6.40	2A	BALLET	SR
7.00-8.00	1/Dance 1	BALLET	SR
16.45-17.30	Jnr. Academy	Specific physical conditioning	RW/
17.30-18.15	4	Specific physical conditioning	RC

1.3.18

THUR 26-Apr-18

Time	Group	ACTIVITY	COACH
6.00-6.45	2B/3	DANCE	HK
7.00-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	RC
17.10-18.10	2A	Specific physical conditioning	RC

FRI 27-Apr-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	RC
16.10-17.00	1/Dance	DANCE	JP
17.00-18.00	2A/Dance	DANCE	JP

SAT 28-Apr-18

Time	Group	Activity	
6.00-6.45	3	DANCE	HK
6.50-7.40	2B	BALLET	HK
7.45-8.45	4	Specific physical conditioning	KB
8.55-9.55	1/2A	Specific physical conditioning	KB

SUN 29-Apr-18

Time	Group	Activity	
8.15-9.15	Dance	Specific physical conditioning	KB
9.30-10.15	Jnr. Academy	Specific physical conditioning	KB/RW

Mon 30-Apr-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
7.10-8.00	1	Specific physical conditioning	JS
17.10 - 18.00	2A	Specific physical conditioning	JS
18.00- 19.00	2B/Dance	Specific physical conditioning	KB

Tue 01-May-18

Time	Group	Activity	
5.50-6.40	2A	Specific physical conditioning	KB
7.00-8.00	3	Specific physical conditioning	RW
7.00-7.45	1	Specific physical conditioning	KB
17.55-18.55	2B	Specific physical conditioning	CP

Wed 02-May-18

Time	Group	Activity	
5.50-6.40	2A/Dance	DANCE	SR
7.00-7.45	1/Dance	DANCE	SR
16.45-17.30	Jnr. Academy	Specific physical conditioning	RW/
17.30-18.15	4	Specific physical conditioning	RC

6.3.18

THUR 03-May-18

Time	Group	ACTIVITY	COACH
6.00-6.50	2B/3	DANCE	HK
7.10-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	RC
17.10-18.10	2A	Specific physical conditioning	RC

FRI 04-May-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	KB
16.10-17.00	1/Dance	BALLET	JP
17.00-18.00	2A/Dance	BALLET	JP

SAT 05-May-18

Time	Group	Activity	
6.00-6.45	3	DANCE	HK
6.50-7.40	2B	BALLET	HK
7.45-8.45	4	Specific physical conditioning	KB
8.55-9.55	1/2A	Specific physical conditioning	KB

SUN 06-May-18

Time	Group	Activity	
8.15-9.15	Dance	Specific physical conditioning	KB
9.30-10.15	Jnr. Academy	Specific physical conditioning	KB/RW

Mon 07-May-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
7.10-8.00	1	Specific physical conditioning	JS
17.10 - 18.00	2A	Specific physical conditioning	JS
18.10- 19.00	2B/Dance	Specific physical conditioning	KB

Tue 08-May-18

Time	Group	Activity	
5.50-6.40	2A	Specific physical conditioning	CP
7.00-8.00	3	Specific physical conditioning	RW
7.00-7.45	1	Specific physical conditioning	CP
17.00-18.00	2B	Specific physical conditioning	LF

Wed 09-May-18

Time	Group	Activity	
5.50-6.40	2A/Dance	BALLET	SR
7.00-7.45	1/Dance	BALLET	SR
16.45-17.30	Jnr. Academy	Specific physical conditioning	RW/
17.30-18.15	4	Specific physical conditioning	LF

7.3.18

THUR 10-May-18

Time	Group	ACTIVITY	COACH
6.00-6.50	2B/3	DANCE	HK
7.10-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	RC
17.10-18.10	2A	Specific physical conditioning	RC

FRI 11-May-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	KB
16.10-17.00	1/Dance	DANCE	JP
17.00-18.00	2A/Dance	DANCE	JP

SAT 12-May-18

Time	Group	Activity	
6.00-6.45	3	DANCE	HK
6.50-7.40	2B	BALLET	HK
7.45-8.45	4	Specific physical conditioning	KB
8.55-9.55	1/2A	Specific physical conditioning	KB

SUN 13-May-18

Time	Group	Activity	
8.15-9.15	Dance	Specific physical conditioning	KB
9.30-10.15	Jnr. Academy	Specific physical conditioning	KB/RW