

### Daily Schedule Example

Friday

	GROUP 1 (REGULAR)	GROUP 2 (REGULAR)	GROUP 3 (ELITE)
15:00	Arrival		
15:30	Off-ice warm-up		
16:00		Arrival	
16:30	On-ice session (90 min)	Off-ice	
17:00			Arrival
17:30			Arrival
18:00		On-ice session (90 min)	Off-ice
18:30	Off-ice		
19:00			
19:30	End of the day	End of the day	
20:00			On-ice session (120 min)
20:30			
21:00			
21:30			End of the day

### Daily Schedule Example

Saturday & Sunday

	GROUP 1 (REGULAR)	GROUP 2 (REGULAR)	GROUP 3 (ELITE)
7:00			
7:30	Arrival		
8:00		Arrival	
8:30	On-ice session (90 min)	Off-ice	Arrival
9:00			
9:30			Off-ice
10:00		On-ice session (90 min)	
10:30	Off-ice		
11:00			
11:30	Lunch		On-ice session (90 min)
12:00		Lunch	
12:30			
13:00		Conference (Saturday)	
13:30	On-ice session (75 min)	Off-ice (Sunday)	Lunch
14:00			
14:30			Conference (Saturday)
15:00		On-ice session (75 min)	Off-ice (Sunday)
15:30	Conference (Saturday)		
16:00	Off-ice (Sunday)		
16:30	End of the day	End of the day	On-ice session (90 min)
17:00			
17:30			