

### Daily Schedule Example

Monday to Thursday

	GROUP 1	GROUP 2	GROUP 3
7:00	Arrival		
7:30		Arrival	
8:00	Ice session	Off-ice	Arrival
8:30			Off-ice
9:00			Off-ice
9:30		Ice session	
10:00	Off-ice		
10:30			
11:00	Lunch	Lunch	Ice session
11:30			
12:00	Off-ice warm-up		
12:30		Conference	Lunch
13:00	Ice session	Off-ice warm-up	
13:30			Conference
14:00		Ice session	Off-ice warm-up
14:30	Conference		
15:00	Conference		
15:30			
16:00	End of the day	End of the day	Ice session
16:30			
17:00			
17:30			End of the day

### Daily Schedule Example

Friday

	GROUP 1	GROUP 2	GROUP 3
7:00			
7:30	Arrival		
8:00	Off-ice warm-up		
8:30		Arrival	
9:00	Game	Competitive games	Arrival
9:30			Competitive games
10:00			
10:30			
11:00	Lunch	Game	Lunch
11:30			Off-ice warm-up
12:00	Competitive games		
12:30			
13:00	End of the day	Lunch	Game
13:30		End of the day	
14:00			
14:30			
15:00			End of the day