

PROSPETTO ALLENAMENTI EGNA - 17-20/03/2016

GIOVEDI' 17 marzo 2016

15:30 - 16:00	Principianti Girls FS	8	30 minuti
16:00 - 16:30	Principianti Girls FS	8	
16:00 - 16:10	Ice Resurfacing		
16:10 - 16:40	Principianti Girls FS	8	
16:40 - 17:10	Principianti Boys FS	4	
17:10 - 17:20	Ice Resurfacing		
17:20 - 17:50	Cadetti Girls FS	8	
17:50 - 18:20	Cadetti Girls FS	8	
18:20 - 18:30	Ice Resurfacing		
18:30 - 19:00	Cadetti Girls FS	8	
19:00 - 19:30	Cadetti Boys FS	4	

VENERDI' 18 marzo 2016

16:30 - 17:00	Adv Novice Ladies SP	8	30 minuti
17:00 - 17:30	Adv Novice Ladies SP	8	
17:30 - 17:40	Ice Resurfacing		
17:40 - 18:10	Adv Novice Ladies SP	8	
18:10 - 18:40	Adv Novice Men SP	7	

SABATO 19 marzo 2016

12:08 - 12:20	Cadetti Syncro FS	1	12 minuti
12:20 - 12:32	Cadetti Syncro FS	1	
12:32 - 12:44	Cadetti Syncro FS	1	
12:44 - 12:56	Cadetti Syncro FS	1	
12:56 - 13:08	Basic Novice Syncro	1	
13:08 - 13:20	Basic Novice Syncro	1	
13:20 - 13:32	Basic Novice Syncro	1	
13:32 - 13:42	Ice Resurfacing		
13:42 - 13:54	Basic Novice Syncro	1	
13:54 - 14:06	Basic Novice Syncro	1	
14:06 - 14:18	Adv Novice Syncro	1	
14:18 - 14:30	Adv Novice Syncro	1	
13:30 - 14:42	Adv Novice Syncro	1	
14:42 - 14:52	Ice Resurfacing		
17:05 - 18:25	Danza	21	

DOMENICA 20 marzo 2016

06:00 - 07:30	Danza	21	30 minuti
07:30 - 07:40	Ice Resurfacing		
07:40 - 08:10	Adv Novice Ladies FS	8	
08:10 - 08:40	Adv Novice Ladies FS	8	
08:40 - 08:50	Ice Resurfacing		
08:50 - 09:20	Adv Novice Ladies FS	8	
09:20 - 09:50	Adv Novice Men FS	7	
09:50 - 10:00	Ice Resurfacing		