

Ice Planet

SCHEDULE GROUPS
Ulrich SALCHOW
WEEKS 27- 2019

Monday –to- Friday:

07 :00 : breakfast

07 :40 : meeting point in lobby

08 :15--09 :00 : on ice, steps/skating skills

09 :15- 10 :00 : Ballet, ballet room at ice rink

11 :10 : meeting point in lobby

11 :45-12 :30. on ice, technic

13 :00 : lunch

14 :55 : meeting point in lobby

15 :30-16 :15 : on ice, technic

16 :35- 17 :25 : off ice work in Gymnasium

20 :00 : Dinner