

ON-ICE

Monday	30.06.2025
08:00-08:50	Elements Group A
08:50-09:40	Skating Skills Group A
09:50-10:40	Elements Group B
10:40-11:30	Elements Group C
11:40-12:30	Free Skating Session
12:30-13:20	Free Skating Session
13:30-14:20	Elements Group B
14:20-15:10	Skating Skills Group B
15:20-16:10	Elements Group C
16:10-17:00	Elements Group A
17:10-18:00	Skating Skills Group C
18:00-18:50	Free Skating Session
19:00-19:50	Free Skating Session
Tuesday	01.07.2024
08:00-08:50	Elements Group B
08:50-09:40	Skating Skills Group B
09:50-10:40	Elements Group C
10:40-11:30	Elements Group A
11:40-12:30	Free Skating Session
12:30-13:20	Free Skating Session
13:30-14:20	Elements Group C
14:20-15:10	Skating Skills Group C
15:20-16:10	Elements Group A
16:10-17:00	Elements Group B
17:10-18:00	Skating Skills Group A
18:00-18:50	Free Skating Session
19:00-19:50	Free Skating Session

OFF-ICE

Monday	Off-Ice Lifts	Dance
8:50-9:35	Group B	9:00-10:00 Group C
12:00-13:30	Lunch	
14:15-15:00	Group C	13:45-14:45 Group A
15:05-15:55	Group A	16:00-17:00 Group B
18:00-19:30	Dinner	
Tuesday	Off-Ice Lifts	Dance
08:50-09:35	Group C	09:00-10:00 Group A
12:00-13:30	Lunch	
14:15-15:00	Group A	13:45-14:45 Group B
15:05-15:50	Group B	15:45-16:45 Group C
18:00-19:30	Dinner	

Wednesday 02.07.2024

09:00-09:50	Elements Group C
09:50-10:40	Elements Group A
10:50-11:40	Elements Group B
11:40-12:30	<i>Free Skating Session</i>
12:40-13:30	<i>Free Skating Session</i>
13:30-14:20	Skating Skills Group C
14:30-15:20	Skating Skills Group A
15:20-16:10	Skating Skills Group B
16:20-17:10	<i>Free Skating Session</i>
17:10-18:00	<i>Free Skating Session</i>

Thursday 03.07.2024

09:00-09:50	Official Practice Group A
09:50-10:40	Official Practice Group B
10:50-11:40	Official Practice Group C
11:40-12:30	<i>Free Skating Session</i>
12:40-13:30	<i>Free Skating Session</i>
14:30-16:00	Monitoring SP (Zamboni after 2 Groups) detailed schedule will follow

Wednesday Off-Ice Lifts Dance

8:00-8:45	Group C	
8:50-9:35	Group A	
9:50-10:35	Group B	
12:00-13:30	Lunch	
		13:45-14:45 Group B
		14:45-15:45 Group C
		15:45-16:45 Group A
17:30-18:30	Q&A for all Coaches, Officials and interested Skaters	
18:00-19:30	Dinner	

Thursday Off-Ice Lifts

8:00-8:45	Group A
8:50-9:35	Group B
9:50-10:35	Group C
12:00-13:30	Lunch
17:15-18:15	Feedback Short Programs
18:00-19:30	Dinner

Friday 04.07.2024

09:00-09:50	Official Practice Group A
09:50-10:40	Official Practice Group B
10:50-11:40	Official Practice Group C
11:40-12:30	Free Skating Session
12:40-13:30	Free Skating Session
14:30-16:00	Monitoring FP (Zamboni after 2 Groups) detailed schedule will follow

Friday Off-Ice Lifts

8:00-8:45	Group A
8:50-9:35	Group B
9:50-10:35	Group C
12:00-13:30	Lunch
17:15-18:15	Feedback Free Programs
18:00-19:30	Dinner

Saturday 05.07.2024

09:00-09:50	Element Check Group A
09:50-10:40	Element Check Group B
10:50-11:40	Element Check Group C
11:40-12:30	Free Skating Session
12:40-13:30	Free Skating Session
13:30-14:20	Elements Group A
14:30-15:20	Elements Group B
15:20-16:10	Elements Group C
16:20-17:10	Free Skating Session
17:10-18:00	Free Skating Session

Saturday Off-Ice Lifts Nutrition

08:45-09:30	Group B	
09:45-10:30	Group C	
10:30-11:15	Group A	
12:00-13:30	Lunch	
		14:45-15:45 Group A Nutrition
		16:00 - 18:00 Group A Cooking
		18:00-19:00 Group B+C Nutrition
18:00-19:30	Dinner	

Sun. 06.07.2024

08:50-09:40	Skating Skills Group C
09:40-10:30	Skating Skills Group A
10:40-11:30	Skating Skills Group B
11:45-12:45	Lunch and travel home

Sunday Off-Ice Lifts Nutrition

08:40-09:25	Group A	08:00-10:00 Group B Cooking
		10:00-12:00 Group C Cooking