

Ticino Pro Camp 2017

Periodo dal:

ven 07.07.2017

dom 09.07.2017

	Venerdi		Sabato		Domenica	
6:30						
7:00						
7:30						
8:00						
8:30			Colazione		Colazione	
9:00			08:30		08:30	
9:30			Warm up		Warm up	
10:00			9:30-10:15		9:30-10:15	
10:30						
11:00			Ghiaccio		Ghiaccio	
11:30			10:45-12:00		10:45-12:00	
12:00						
12:30			Pranzo			
13:00			12:30			
13:30			RIPOSO-PISCINA			
14:00			13:00-14:00			
14:30			Work out			
15:00			14:30-15:30			
15:30						
16:00			Ghiaccio			
16:30			16:15-17:30			
17:00						
17:30			Defaticamento			
18:00	Kick Off 18:00		18:00-18:30			
18:30	Warm up 18:30					
19:00			Video			
19:30	Ghiaccio		18:45-19:15			
20:00	19:30-20:45					
20:30			Cena			
21:00	Cena		20:30			
21:30	21:30					
22:00						
22:30						
23:00						