



Time	MON - 16			TUES - 17			WED - 18			THU - 19			FRI - 20			SAT - 21		
6:00																		
6:30				Kaskela	6:30	Breakfast	Kaskela	6:30	Breakfast	Kaskela	6:45	Breakfast	Kaskela	7:00	Breakfast			
7:00																		
7:30	Kaskela	7:30	Breakfast	Skills Sessions 7:30 - 8:45 - Forwards - Rink A 7:45 - 9:00 - Defence - Rink B			Arena	7:15	Dryland Simulations				Kaskela	7:30				
8:00		8:00											Arena	7:45				
8:30							Rink A	8:15	Pre-Game Skate	Skills Sessions 8:15 - 9:30 - Defence - Rink B 8:30 - 9:45 - Forwards - Rink A				8:00	Breakfast			
9:00								9:00						8:30				
9:30																		
10:00	Bubble	9:15	Fitness Testing				Scandic Hotel	10:00	Seminar				Scandic Hotel	10:00	Seminar	Scandic Hotel	10:00	Seminar
10:30				Kaskela	10:45	Lunch		11:00					Scandic Hotel	11:00			11:00	
11:00					11:15													
11:30		11:45		Scandic Hotel	11:30	Seminar	Dressing room	11:15	Body Composition Testing							Arena	11:30	Dryland Simulations
12:00					12:30			12:45										
12:30													Rink B	12:20	On-ice Warm-up	Rink A	12:30	Pre-Game Skate
13:00	Kaskela	13:00	Lunch											12:40			13:15	
13:30		13:45					Kaskela	13:30	Lunch				Rink B	13:00	Game Matterhorn vs Kilimanjaro		14:15	Lunch
14:00				Rink B	13:45	Goalie Skills session		14:15								Kaskela	15:00	
14:30					15:00													
15:00		15:15	Practice															
15:30	Rink B																	
16:00		16:30		Kaskela	16:00	Dinner	Rink B	15:50	On-ice warm up									
16:30	Arena	16:30	Dryland Simulations		16:45			16:10										
17:00								16:30					Kaskela	16:30	Dinner			
17:30				Arena	17:15	Dryland Simulations								17:15				
18:00	Kaskela	17:45	Dinner				Rink B									Kaskela	17:15	Dinner
18:30		18:30															18:00	
19:00				Rink B	18:15	Practice		19:00										
19:30					19:30											Rink B	19:20	On-ice warm up
20:00	Scandic Hotel	20:00	Seminar				Kaskela	20:00	Dinner								19:40	
20:30		21:00						20:45								Rink B	20:00	Game K2 vs Matterhorn
21:00																		
21:30	Kaskela	21:15	Snack Vanha Salli room	Kaskela	21:00	Snack												
22:00		21:45			21:30												22:30	
22:30																		
23:00																Kaskela	23:00	Post Game Meal
23:30																	23:45	