

# WINTER SCHEDULE 15/16

starting Monday 5th of October 2015

## ICE

## OFF ICE

### MONDAY

BKV	ICE	360	PATCHES	
60	15.00 - 16.00	30	15:00 - 15:30	ONK (SEN/ADV)
45	15:15 - 16:00	30	15:30 - 16:00	ONK (NOV A)
30	15:30 - 16:00	30	15:30 - 16:00	ONK

60	16.00 - 17.00	-	PUP/STA	
45	16.00 - 16.45	45	MINI'S (D) / ASP	
Resurfacing				
45	17.00 - 17.45	45	ONK	
60	17.45 - 18.45	60	KNSB	MINI'S (D) / ASP
Resurfacing				
60	18.45 - 19.45	60	ONK	
45	19.45 - 20.30	45	KNSB	
Resurfacing				
90	20.30 - 22.00	-	SYNCHRO SENIOR	

40	16.55 - 17.35	Off Ice	MINI'S (D) / ASP
40	17.05 - 17.45	Off Ice	PUP/STA
20	17.15 - 17.35	Stretching	KNSB
40	17.55 - 18.35	Off Ice	ONK

40	18.50 - 19.30	Off Ice	KNSB
20	19.55 - 20.15	Stretching	ONK

### TUESDAY

BKV	ICE	360	PATCHES	
75	14.00 - 15.15	30	14:00 - 14:30	ONK (SEN)
75	14:30 - 15:45	30	14:30 - 15:00	ONK (ADV/NOV A)
45	15.00 - 15.45	45	15:00 - 15:45	VTO

45	15:45 - 16:30**	45	MINI'S (D) / ASP	
Resurfacing				
60	16.30 - 17.30	60	KNSB	MINI'S (D) / ASP
45	17.30 - 18.15	45	KNSB	ONK
Resurfacing				
60	18.15 - 19.15	60	ONK	
60	19.15 - 20.15	-	SYNCHRO MIX / NOVICE (half the time)	

30	14.15 - 14.45	Warm Up	VTO
----	---------------	---------	-----

45	15.50 - 16.35	Ballet	ONK Group 1
45	16.35 - 17.20	Ballet	ONK Group 2
45	17.40 - 18.25	Ballet	MINI'S (D) / ASP
45	18.25 - 19.10	Ballet	KNSB

60	19.15 - 20.15	School	VTO
----	---------------	--------	-----

### THURSDAY

BKV	ICE	360	PATCHES	
75	14.15 - 15.30	30	14:15 - 14:45	ONK (SEN)
75	14:45 - 16:00	30	14:45 - 15:15	ONK (ADV/NOV A)
45	15.15 - 16.00	45	15:15 - 16:00	VTO

60	16.00 - 17.00	-	PUP/STA	
60	16.00 - 17.00	60	MINI'S (D) / ASP	
Resurfacing				
60	17.00 - 18.00	60	ONK	
30	18.00 - 18.30	30	ONK	KNSB
Resurfacing				
30	18.30 - 19.00	30	MINI'S / ASP	
60	18.30 - 19.30	60	KNSB	
60	19.30 - 20.30	-	SYNCHRO NOVICE	

30	14.30 - 15.00	Warm up	VTO
----	---------------	---------	-----

60	16.00 - 17.00	School	VTO
----	---------------	--------	-----

20	17:05 - 17:25	Rotations	PUP/STA
20	17:30 - 17:50	Rotations	KNSB
20	17:30 - 17:50	Stretching	MINI'S /ASP
20	17:55 - 18.15	Rotations	MINI'S (D) / ASP
20	18.35 - 18.55	Rotations	ONK

60	19.30 - 20.30	Meetings/Questions	ONK/KNSB
----	---------------	--------------------	----------

### FRIDAY

BKV	ICE	360	PATCHES	
75	08.00 - 09.15	75	PATCH SEN / ADV	

105	13.00 - 14.45	105	PATCH NOV A	PATCH KNSB A
-----	---------------	-----	-------------	--------------

45	14:55 - 15.40	Off Ice	ONK	KNSB
60	15.45 - 16.45	School	VTO	

### SATURDAY

105	07.00 - 08.45	-	SYNCHRO SENIOR	
Resurfacing				
45	08.45 - 09.30	45	KNSB	MINI'S (D) / ASP
30	09.30 - 10.00	30	KNSB	MINI'S /ASP
45	10.00 - 10.45	45	ONK	
Resurfacing				
90	10.45 - 12.15	90	RECREANTEN + SPORTSIM.	
Resurfacing				
90	12.15 - 13.45	90	SYNCHRO MIXED	MIF* ZILVER +

40	08.40 - 09.20	Stretching/Core	ONK
40	10.10 - 10.50	Stretching/Core	KNSB
			MINI'S ASP

#### STARTING JANUARY 1ST:

45	07.00 - 07.45	45	KNSB	MINI'S (D) / ASP
30	07.45 - 08.15	30	KNSB	MINI'S /ASP
45	08.15 - 09.00	45	ONK	
105	09.00 - 10.45	-	SYNCHRO SENIOR	
90	10.45 - 12.15	-	RECREANTEN + SPORTSIM.	
75	12.15 - 13.45	-	SYNCHRO MIXED	MIF* ZILVER +

40	09.10 - 09.50	Stretching/Core	ONK
40	08.25 - 09.05	Stretching/Core	KNSB
			MINI'S ASP

### SUNDAY

BKV	ICE	MIF plus Spins		
75	07.45 - 09.00	-	MIF Interbrons - Interzilver	

30	09.10 - 10.40	Meetings/Questions**	PUP/STA
----	---------------	----------------------	---------

\*\*upon appointment only

Schedule subject to changes