

CONCEPT WINTER SCHEDULE 15/16

ICE

| BKV | Monday | 360 | PATCHES | |
|-----|---------------|-----|---------------|-----|
| 60 | 15:00 - 16:00 | 30 | 15:00 - 15:30 | ONK |
| 45 | 15:15 - 16:00 | 30 | 15:30 - 16:00 | ONK |

| | | | | |
|-------------|---------------|----|----------------|----------------|
| 60 | 16:00 - 17:00 | 60 | MINI'S (D)/ASP | PUP/STA |
| 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 | |

| BKV | Tuesday | 360 | PATCHES | |
|-----|---------------|-----|---------------|----------|
| 75 | 14:00 - 15:15 | 30 | 14:00 - 14:30 | SEN |
| 75 | 14:30 - 15:45 | 30 | 14:30 - 15:00 | ADV/NOVA |
| 45 | 15:00 - 15:45 | 45 | 15:00 - 15:45 | VTO |

| | | | | |
|-------------|---------------|----|----------------|-----------------|
| 45 | 15:45 - 16:30 | 45 | MINI'S (D)/ASP | Private session |
| Resurfacing | | | | |
| 60 | 16:30 - 17:30 | 60 | KNSB | MINI'S (D)/ASP |
| 45 | 17:30 - 18:15 | 45 | ONK | KNSB |
| Resurfacing | | | | |
| 60 | 18:15 - 19:15 | 60 | ONK | |
| 60 | 19:15 - 20:15 | 60 | SYNCHRO MIX | |

| BKV | Thursday | 360 | PATCHES | |
|-----|---------------|-----|---------------|----------|
| 75 | 14:15 - 15:30 | 30 | 14:15 - 14:45 | SEN |
| 75 | 14:45 - 16:00 | 30 | 14:45 - 15:15 | ADV/NOVA |
| 45 | 15:15 - 16:00 | 45 | 15:15 - 16:00 | VTO |

| | | | | |
|-------------|---------------|----|----------------|----------------|
| 60 | 16:00 - 17:00 | 60 | PUP/STA | MINI'S (D)/ASP |
| Resurfacing | | | | |
| 60 | 17:00 - 18:00 | 60 | ONK | |
| 30 | 18:00 - 18:30 | 30 | ONK | KNSB |
| Resurfacing | | | | |
| 60 | 18:30 - 19:30 | 60 | KNSB | |
| 60 | 19:30 - 20:30 | 60 | SYNCHRO NOVICE | |

| BKV | Friday | 360 | PATCHES | |
|-------------|---------------|-----|------------------|------------|
| 76 | 08:00 - 09:15 | 75 | SENIOR / ADV NOV | |
| Resurfacing | | | | |
| 105 | 13:00 - 14:45 | 60 | MINI'S | KNSB NOV A |

| Saturday | | | | |
|-------------|---------------|----|-----------------|------------------|
| 90 | 07:00 - 08:45 | 90 | SYNCHRO SENIOR | |
| Resurfacing | | | | |
| 45 | 08:45 - 09:30 | 45 | KNSB | MINI'S (D) / ASP |
| 30 | 09:30 - 10:00 | 30 | KNSB | MINI'S/ASP ONK |
| 45 | 10:00 - 10:45 | 45 | ONK | |
| Resurfacing | | | | |
| 90 | 10:45 - 12:15 | 90 | Recreanten | |
| Resurfacing | | | | |
| 90 | 12:15 - 13:45 | 90 | SYNCHRO MIX/JUV | MIF Zilver + |

| BKV | Sunday | MIF | | |
|-----|---------------|-----|-------------|--|
| 75 | 07:45 - 09:00 | - | MIF IB - IZ | |

NAMES

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | |
|----|----|----|----|----|----|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| Th | Mi | Nc | Ce | Br | Cy | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Em | Me | Ma | Ro | Sa | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| Ju | Rs | Nk | Gi | Ja | Ay | Me | Te | Nj | Ma | An | Ya | Sm | Rr | Oi | | | | | | | | | | | | | | | | | | | | | | |
| Resurfacing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Th | Nc | Ce | Br | Cy | Em | Me | Ra | Ma | Ba | Ro | Le | Rx | Sa | El | | | | | | | | | | | | | | | | | | | | | | |
| Ka | Ch | Se | Lr | Rh | Fl | Gw | Jo | Lo | Ni | La | Lu | Ju | Rs | Nk | Gi | Ja | Ay | Me | Te | Nj | | | | | | | | | | | | | | | | |
| Resurfacing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Th | Ce | Br | Cy | Em | Me | Ra | Ma | Ba | Ro | Le | Rx | Sa | El | | | | | | | | | | | | | | | | | | | | | | | |
| Ka | Ch | Se | Lr | Rh | Fl | Gw | Jo | Lo | Ni | La | Lu | Sn | Lo | | | | | | | | | | | | | | | | | | | | | | | |
| Resurfacing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| Th | Cr | Mi | Nc | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ce | Br | Cy | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ra | Ma | Ba | Ro | Sa | Gw | Lo | Ni | La | El | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| Ju | Rs | Nk | Gi | Ja | Me | Te | Nj | An | Na | Sm | | | | | | | | | | | | | | | | | | | | | | | | | |
| Resurfacing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ch | Ka | Se | Lr | Rh | Fl | Gw | Jo | Lo | Ni | La | Lu | Ju | Rs | Nk | Gi | Ja | Me | Te | Nj | | | | | | | | | | | | | | | | |
| Th | Ch | Ce | Br | Cy | Em | Me | Ra | Ma | Ba | Ro | Le | Rx | Sa | El | Ch | Ka | Se | Lr | Rh | Fl | Gw | Jo | Lo | Ni | La | Lu | Lo | | | | | | | | |
| Resurfacing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Th | Ch | Ni | Ce | Br | Cy | Em | Me | Ra | Ma | Ba | Ro | Le | Rx | Sa | El | | | | | | | | | | | | | | | | | | | | |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| Th | Cr | Mi | Nc | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ce | Br | Cy | Em | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ra | Ma | Ba | Ro | Sa | Gw | Lo | Ni | La | El | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|-------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|--|--|--|--|--|--|
| Ju | Rs | Nk | Gi | Ja | Ay | Me | Te | Nj | Ma | An | Sm | Na | Ya | Rr | Oi | | | | | | | | | | | | | | | | | | | | | |
| Resurfacing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Th | Cr | Nc | Ce | Br | Cy | Em | Me | Le | Ra | Ma | Ba | Ro | Sa | El | | | | | | | | | | | | | | | | | | | | | | |
| Th | Cr | Nc | Ce | Br | Cy | Em | Me | Le | Ra | Ma | Ba | Ro | Sa | El | Ch | Ka | Se | Lr | Rh | Fl | Gw | Jo | Lo | Ni | La | Lu | | | | | | | | | | |
| Resurfacing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ka | Ch | Se | Lr | Rh | Fl | Gw | Jo | Lo | Ni | La | Lu | Ju | Rs | Nk | Gi | Ja | Ay | Me | Te | Nj | | | | | | | | | | | | | | | | |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | |
|-------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| Th | Mi | Nc | Ce | Br | Cy | Em | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rx | Ra | Ma | Ba | Ro | Sa | Le | El | Gw | Lo | Ni | La | Lu | Rs | | | | | | | | | | | | | | | | | | | | | | | |
| Resurfacing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | |
|-------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| Resurfacing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ch | Ka | Lr | Rh | Fl | Gw | Jo | Lo | Ni | La | Rs | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ch | Ka | Lr | Rh | Fl | Gw | Jo | Lo | Ni | La | Rs | Th | Nc | Ce | Br | Cy | Em | Me | Ra | Ma | Ba | Ro | Sa | Le | El | Rx | | | | | | | | | | | |
| Th | Nc | Ce | Br | Cy | Em | Me | Ra | Ma | Ba | Ro | Sa | Le | El | Rx | | | | | | | | | | | | | | | | | | | | | | |
| Resurfacing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ce | Br | Em | Me | Ra | Ma | Ro | Le | Sa | El | Ka | Ch | Se | Lr | Rh | Gw | Jo | Lo | Ni | La | Fe | Sa | | | | | | | | | | | | | | | |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| Ju | Rs | Nk | Gi | Ja | Ay | Me | Te | Nj | Ma | Sm | Na | Ya | Oi | Rr | | | | | | | | | | | | | | | | | | | | | | |

OFF ICE

| | | | |
|----|---------------|------------|------------------|
| 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 |

| | | | |
|----|---------------|---------|-----|
| 30 | 14:15 - 14:45 | Warm Up | VTO |
|----|---------------|---------|-----|

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|----|---------------|--------|------------------|
| 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 |
|----|---------------|--------|-----|

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|----|---------------|---------|-----|
| 30 | 14:30 - 15:00 | Warm up | VTO |
|----|---------------|---------|-----|

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|----|---------------|--------|-----|
| 60 | 16:00 - 17:00 | School | VTO |
|----|---------------|--------|-----|

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|----|---------------|------------|------------------|
| 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 |
|----|---------------|--------------------|----------|

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|----|---------------|---------|----------|
| 45 | 14:55 - 15:40 | Off Ice | ONK KNSB |
| 60 | 15:45 - 16:45 | School | VTO |

| | | | |
|----|---------------|-----------------|-----------------|
| 40 | 08:40 - 09:20 | Stretching/Core | ONK |
| 40 | 10:10 - 10:50 | Stretching/Core | KNSB MINI'S ASP |