

TRAINING SCHEDULE CdP 2025

No programs will be played during training

Training groups will be the same as the warm-up groups of the corresponding program.

So please check on the starting list.

Friday 14.3.25

Training Rink

Basic Novice	9h15	Warm-up group 1 + boys
	9h40	Warm-up group 2
	10h05	Warm-up group 3
	10h30	Ice Resurfacing
Ad Nov Girls Short	10h45	warm-up group 4
	11h10	Warm-up group 1
	11h35	Warm-up group 2
	12h00	Ice Resurfacing
Ad Nov Boys Short	12h15	Warm-up group 3
	12h40	Warm-up group 1
	13h05	Ice Resurfacing + break
Junior Women Short	13h30	Warm-up group 1
	13h55	Warm-up group 2
	14h20	Warm-up group 3
	14h45	Ice Resurfacing
	15h00	warm-up group 4
Junior Men Short	15h25	warm-up group 5
	15h50	Ice Resurfacing + break
	17h00	Warm-up group 1
	17h25	Warm-up group 1
Senior Men Short	17h50	Ice Resurfacing + break
	18h15	Warm-up group 1
Senior Women Short	18h40	Warm-up group 2
	19h05	end of practice

No programs will be played during training

Saturday 15.3.25

Training Rink

starting number

Senior Women Short	9h00	warm-up group 1
	9h25	warm-up group 2
	9h50	ice resurfacing
Senior Men Short	10h05	warm-up group 1
	10h30	warm-up group 1
Ad Nov Girls FS	10h55	ice resurfacing + break
	11h20	warm-up group 2
	11h45	warm-up group 3
	12h10	ice resurfacing + break
Ad Nov Boys FS	15h30	warm-up group 1
	15h55	warm-up group 1
Junior Women FS	16h20	warm-up group 2
	16h45	ice resurfacing
	17h00	warm-up group 3
	17h25	warm-up group 4
	17h50	ice resurfacing

TRAINING SCHEDULE CdP 2025

Junior Men FS	18h05	warm-up group 5
	18h30	warm-up group 1
	18h55	end of practice

**No programs will be played during training
Sunday 16.3.25**

Training Rink

starting number FS

Senior Women FS	10h30	warm-up group 1
	10h55	warm-up group 2
	11h20	ice resurfacing + break
Senior Men FS	11h35	warm-up group 1
	12h00	end of practice