

International Figure Skating Summer Prague 2024



Časový rozpis platný pro všechny týdny / Time schedule valid to all weeks

Trenéři na ledě / Coaches on ice:

| | | |
|------------------------|-----------------|---|
| I. týden / Week I: | 8.7.-13.7.2024 | Vladimir Dvojnikov, Kateřina Kamberská |
| II. týden / Week II: | 15.7.-20.7.2024 | Vladimir Dvojnikov, Kateřina Kamberská |
| III. týden / Week III: | 29.7.-3.8.2024 | Anna Cappellini, Ondřej Hotárek, Kateřina Kamberská |

Tréninky v tělocvičně / Off-ice practice

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| Trenéři / Coaches: | Lucie Rozner (Kemp III.), Gábina Machová (Kemp I. a III.) Fanny Bašista (Kemp I. a II.) Patrik Ulman (Kemp II.) |
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|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | * vedená hodina / lesson with main coach |
|---|---|---|---|---|--|

| Po/Mo | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 |
|----------------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Led/Ice | * 5 | 4 | * 2 | 3 | 4 | * 5 | 1 | 3 | * 2 | 4 | 5 | 3 | 1 |
| Tělocvična/Gym | | | 4 | 3 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 |
| Oběd/Lunch | | | | | 4 | 3 | 2 | 1 | | | | | |

| Út/Tu | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 |
|----------------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Led/Ice | * 5 | 4 | * 2 | 3 | 4 | * 5 | 1 | 3 | * 2 | 4 | 5 | 3 | 1 |
| Tělocvična/Gym | | | 4 | 3 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 |
| Oběd/Lunch | | | | | 4 | 3 | 2 | 1 | | | | | |

| St/We | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 |
|----------------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Led/Ice | * 5 | 4 | * 2 | 3 | 4 | * 5 | 1 | 3 | * 2 | 4 | 5 | 3 | 1 |
| Tělocvična/Gym | | | 4 | 3 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 |
| Oběd/Lunch | | | | | 4 | 3 | 2 | 1 | | | | | |

| Čt/Th | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 |
|----------------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Led/Ice | * 5 | 4 | * 2 | 3 | 4 | * 5 | 1 | 3 | * 2 | 4 | 5 | 3 | 1 |
| Tělocvična/Gym | | | 4 | 3 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 |
| Oběd/Lunch | | | | | 4 | 3 | 2 | 1 | | | | | |

| Pá/Fr | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 |
|----------------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Led/Ice | * 5 | 4 | * 2 | 3 | 4 | * 5 | 1 | 3 | * 2 | 4 | 5 | 3 | 1 |
| Tělocvična/Gym | | | 4 | 3 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 |
| Oběd/Lunch | | | | | 4 | 3 | 2 | 1 | | | | | |

| So/Sa | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 |
|----------------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Led/Ice | * 5 | 4 | * 2 | 3 | 4 | * 5 | 1 | 3 | * 2 | 4 | 5 | 3 | 1 |
| Tělocvična/Gym | | | 4 | 3 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 |
| Oběd/Lunch | | | | | 4 | 3 | 2 | 1 | | | | | |

Stravování / Meal:

Restaurace restaurace TAK URČTĚ, ICE ARENA KATEŘINKY, Restaurant above the icerink

Obědy / Lunch: Obědy se podávají dle časového harmonogramu jednotlivých skupin / Lunch is served according to the time schedule

Večeře / Dinner: Večeře se podávají od 16:00 do 20:00 / Dinner is served from 16:00 to 20:00