

Exclusive 8 - Schedule - December 21st - 2018

07.30-08.00	AT THE RINK 07.15	AT THE PERFORMANCE CENTER 07.45	
08.00-08.30	ICE SPEED - 8-8.50	PERFORMANCE CENTER SPEED - 8-9	
08.30-09.00			
09.00-09.30	CHANGE	CHANGE	
09.30-10.00	PERFORMANCE CENTER SPEED - 9.30-10.30	ICE SPEED - 9.30-10.30	
10.00-10.30			
10.30-11.00	CHANGE	CHANGE	
11.00-11.30	ICE CONTROL - 11.10-12.00	PERFORMANCE CENTER CONTROL - 11.00-12.00	
11.30-12.00			
12.00-12.30	CHANGE	CHANGE	
12.30-13.15	LUNCH 12.30-13.15	LUNCH 12.10-12.40	
13.15-13.45	PERFORMANCE CENTER CONTROL - 13.15-14.15	ICE CONTROL - 13.00-13.50	
13.45-14.15			
14.15-15.00	CHANGE	CHANGE	
15.00-15.30	ICE GOAL SCORING - 15.00-15.50	PERFORMANCE CENTER GOAL SCORING - 14.20-15.20	
15.30-16.00			
16.00-16.30	CHANGE	CHANGE	
16.30-17.00	PERFORMANCE CENTER GOAL SCORING - 16.30-17.30	ICE GOAL SCORING - 16.00-16.50	
17.00-17.30			