

# Letné denné Krasokorčuliarske sústreďenie Nitra 2014

## Rozpis tréningových jednotiek

|                   | 6:00        | 7:00        | 8:00        | 9:00                  | 10:00          | 11:00       | 12:00       | 13:00       | 14:00       | 15:00            | 16:00       | 17:00       | 18:00       |
|-------------------|-------------|-------------|-------------|-----------------------|----------------|-------------|-------------|-------------|-------------|------------------|-------------|-------------|-------------|
|                   | 00 15 30 45 | 00 15 30 45 | 00 15 30 45 | 00 15 30 45           | 00 15 30 45    | 00 15 30 45 | 00 15 30 45 | 00 15 30 45 | 00 15 30 45 | 00 15 30 45      | 00 15 30 45 | 00 15 30 45 | 00 15 30 45 |
| Pondelok<br>21.7. |             |             | SKLZ        | (A)<br>BALET (B)      | BALET (A)      | OBED (A)    |             | TRÉNERI     |             | VTP / ŠTP        |             |             |             |
| Utorok<br>22.7.   |             |             | SKLZ        | (A)<br>Gymnastika (B) | Gymnastika (A) | OBED (A)    |             | TRÉNERI     |             | ŠTP<br>TANEC (B) | TANEC (A)   |             |             |
| Streda<br>23.7.   |             |             | SKLZ        | (A)<br>BALET (B)      | BALET (A)      | OBED (A)    |             | TRÉNERI     |             | ŠTP<br>TANEC (B) | TANEC (A)   |             |             |
| Štvrtok<br>24.7.  |             |             | SKLZ        | (A)<br>BALET (B)      | BALET (A)      | OBED (A)    |             | TRÉNERI     |             | ŠTP<br>TANEC (B) | TANEC (A)   |             |             |
| Piatok<br>25.7.   |             |             | SKLZ        | (A)<br>BALET (B)      | BALET (A)      | OBED (A)    |             | TRÉNERI     |             | ŠTP<br>TANEC (B) | TANEC (A)   |             |             |
| Sobota<br>26.7.   |             |             | SKLZ        | VTP / ŠTP             |                | TRÉNERI     | V / S       |             |             |                  |             |             |             |
| Nedeľa<br>27.7.   |             |             |             |                       |                |             |             |             |             |                  |             |             |             |

| Hokejová hala  | Tréningy na ľade |          |         | Tréningy na suchu   |           |           | Reštaurácia Borina |
|----------------|------------------|----------|---------|---------------------|-----------|-----------|--------------------|
| ROZCVIČKA      | sk I.            | sk II.   | sk III. | Mestská HALA        | sk. A     | sk. B     | OBED               |
| SKLZ           | LST              | LST, KBA | LDU     | Zrkadlová miestnosť | TBE / BBA | TBE / BBA |                    |
| TRÉNERI        | LST              | KBA      | LDU     | Hlavná hala         | KAB       | KAB       |                    |
| Výkl. / Streč. |                  | LST, KBA |         | Hlavná hala         | LST       | KBA       |                    |
|                |                  |          |         |                     |           |           |                    |