

CAMPIONATI ITALIANI TORINO 16-19/12/2015 - ORARIO ALLENAMENTI

| PalaVela | | |
|---------------|-----------------------------------|---|
| 16/12/2015 | | |
| 10:50 - 11:10 | Junior Dance | 3 |
| 11:10 - 11:40 | Junior Dance | 3 |
| 11:40 - 11:50 | Ice Resurfacing | |
| 11:50 - 12:20 | Senior Dance | 5 |
| 12:20 - 12:30 | Ice Resurfacing | |
| 12:30 - 13:00 | Senior Ladies | 5 |
| 13:00 - 13:30 | Senior Ladies | 5 |
| 13:30 - 13:40 | Ice Resurfacing | |
| 13:40 - 14:10 | Senior Ladies | 5 |
| 14:10 - 14:40 | Senior men | 4 |
| 14:30 - 14:40 | Ice Resurfacing | |
| 14:40 - 15:10 | Senior men | 5 |
| 15:10 - 15:40 | Senior Pairs | 3 |
| 15:40 - 15:55 | Ice Resurfacing | |
| 16:00 - 16:10 | Junior Syncro | 1 |
| 16:10 - 16:20 | Junior Syncro | 1 |
| 16:20 - 16:30 | Junior Syncro | 1 |
| 16:30 - 16:40 | Junior Syncro | 1 |
| 16:40 - 16:50 | Junior Syncro | 1 |
| 16:50 - 17:00 | Ice Resurfacing | |
| 17:00 - 17:10 | Senior Syncro | 1 |
| 17:10 - 17:20 | Senior Syncro | 1 |
| 17:20 - 17:30 | Ice Resurfacing | |
| 17:30 - 17:40 | Inaugurazione Campionati Italiani | |
| 17:40 - 17:55 | Ice Resurfacing | |
| 18:00 | Junior Syncro SP | |
| 18:55 | Senior Syncro SP | |
| 19:35 | Junior Dance SD | |
| 20:40 | Senior Dance SD | |

30 minuti

10 minuti a squadra

15 minuti di rifacimento

CAMPIONATI ITALIANI TORINO 16-19/12/2015 - ORARIO ALLENAMENTI

| PalaVela | | | Tazzoli | | |
|---------------|------------------|---|---------------|-----------------|---|
| 17/12/2015 | | | | | |
| 07:50 - 08:15 | Senior Ladies | 5 | 10:20 - 10:22 | Junior Syncro | 1 |
| 08:15 - 08:40 | Senior Ladies | 5 | 10:22 - 10:34 | Junior Syncro | 1 |
| 08:40 - 08:50 | Ice Resurfacing | | 10:34 - 10:46 | Junior Syncro | 1 |
| 08:50 - 09:15 | Senior Ladies | 5 | 10:46 - 10:58 | Junior Syncro | 1 |
| 09:15 - 09:40 | Senior Men | 4 | 10:58 - 11:10 | Junior Syncro | 1 |
| 09:40 - 09:50 | Ice Resurfacing | | 11:10 - 11:20 | Ice Resurfacing | |
| 09:50 - 10:15 | Senior Men | 5 | 11:20 - 11:32 | Senior Syncro | 1 |
| 10:15 - 10:40 | Senior Pairs | 3 | 11:32 - 11:44 | Senior Syncro | 1 |
| 10:40 - 10:50 | Ice Resurfacing | | | | |
| 10:50 - 11:20 | Junior Dance | 3 | | | |
| 11:20 - 11:50 | Junior Dance | 3 | | | |
| 11:50 - 12:00 | Ice Resurfacing | | | | |
| 12:00 - 12:30 | Senior Dance | 5 | | | |
| 12:30 - 12:50 | Ice Resurfacing | | | | |
| 13:00 | Senior ladies SP | | | | |
| 15:20 | Senior Men SP | | | | |
| 16:40 | Senior Pairs SP | | | | |
| 17:30 | Junior Syncro FS | | | | |
| 18:48 | Senior Syncro FS | | | | |
| 19:35 | Junior Dance FD | | | | |
| 20:45 | Senior Dance FD | | | | |

25 minuti

30 minuti

20 minuti

12 minuti a squadra

CAMPIONATI ITALIANI TORINO 16-19/12/2015 - ORARIO ALLENAMENTI

| PalaVela | | |
|---------------|------------------|---|
| 18/12/2015 | | |
| 06:35 - 06:55 | Junior Ladies | 8 |
| 06:55 - 07:15 | Junior Ladies | 8 |
| 07:15 - 07:35 | Junior Ladies | 8 |
| 07:35 - 07:45 | Ice Resurfacing | |
| 07:45 - 08:05 | Junior Men | 8 |
| 08:05 - 08:25 | Junior Men | 8 |
| 08:25 - 08:35 | Ice Resurfacing | |
| 08:35 - 08:55 | Junior Pairs | 1 |
| 08:55 - 09:15 | Senior Ladies | 5 |
| 09:15 - 09:35 | Senior Ladies | 5 |
| 09:35 - 09:45 | Ice Resurfacing | |
| 09:45 - 10:05 | Senior Ladies | 5 |
| 10:05 - 10:25 | Senior Men | 4 |
| 10:25 - 10:35 | Ice Resurfacing | |
| 10:35 - 10:55 | Senior Men | 5 |
| 10:55 - 11:15 | Senior Pairs | 3 |
| 11:15 - 11:30 | Ice Resurfacing | |
| 11:30 | Junior Ladies SP | |
| 14:45 | Junior Men SP | |
| 17:05 | Junior Pairs SP | |
| 17:35 | Senior Ladies FS | |
| 20:20 | Senior Men FS | |
| 22:04 | Senior Pairs FS | |

20 minuti senza musica

15 minuti di rifacimento

CAMPIONATI ITALIANI TORINO 16-19/12/2015 - ORARIO ALLENAMENTI

| PalaVela | | |
|---------------|------------------|---|
| 19/12/2015 | | |
| 06:30 - 06:50 | Junior ladies | 8 |
| 06:50 - 07:10 | Junior ladies | 8 |
| 07:10 - 07:30 | Junior Ladies | 8 |
| 07:30 - 07:40 | Ice Resurfacing | |
| 07:40 - 08:00 | Junior Men | 8 |
| 08:00 - 08:20 | Junior Men | 8 |
| 08:20 - 08:35 | Junior Pairs | 1 |
| 08:35 - 08:50 | Ice Resurfacing | |
| 08:50 | Junior Ladies FS | |
| 12:30 | Junior Men FS | |
| 15:15 | Junior Pairs FS | |

20 minuti

15 minuti di rifacimento