

Avanceret camp 2024

Uge 1 onsdag

On ice		Off-ice/Dance	
7.30-9.00 Breakfast			
7.45-8.30	Pernille: Møjse	Dans	
		8.45-9.30	Benedicte, Christina, Freija, Isabella, Karla, Laura, Lea, Lilli, Liva, Marie, Melanie, Michael, Minna, Nicole, Siri, Sophia
9.45-10.30	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Minna, Nicole, Siri, Sophia		
10.30-10.45	Ny is		
10.45-11.30	Christina, Laura, Marie, Michael		
11.30-12.15	Jane: 13 løbere		
11.30-13.00 Lunch			
12.15-13.00		Off-ice	
13.00-13.15	NY IS		
13.15-14.00	Aurelija & Pernille: Freija Jane: 1 løber Sandra: Melanie	12.15-13.15	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Minna, Nicole, Siri, Sophia
14.00-14.45	Aurelija: Laura Jane: 3 løbere Pernille: Emilie L		
14.45-15.30	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Minna, Nicole, Siri, Sophia		
15.30-15.45	NY IS		
15.45-16.30	Christina, Laura, Marie, Michael		
16.30-17.15	Jane: 1 løbere Pernille: Lea, Lilli		
17.15-17.30	NY IS		
17.15-18.30 Dinner			
17.30-18.15	Jane: 12 løbere		
18.15-19.00	Jane: 1 løber Pernille: Isabella, Nicole		
19.00-19.15	NY IS		
19.15-20.00	Jane: 1 løber		
20.00-20.45	Jane: 1 løber		
20.45-21.30	Jane: 1 løber		

Uge 1 torsdag

On ice		Off-ice/Dance	
7.30-9.00 Breakfast			
7.45-8.30	Pernille: Måjse	Dans	
		8.45-9.30	Benedicte, Christina, Freija, Isabella, Karla, Laura, Lea, Lilli, Liva, Marie, Melanie, Michael, Nicole, Siri, Sophia
9.45-10.30	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia		
10.30-10.45	Ny is		
10.45-11.30	Christina, Laura, Marie, Michael		
11.30-12.15	Jane: 13 løbere		
11.30-13.00 Lunch			
12.15-13.00		Off-ice	
13.00-13.15	NY IS		
13.15-14.00	Aurelija: Freija Jane: 1 løber Pernille: Lilli Sandra: Lea	12.30-13.15	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia
14.00-14.45	Aurelija: Laura Jane: 3 løbere Pernille: Sophia Sandra: Melanie		
14.45-15.30	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia		
15.30-15.45	NY IS		
15.45-16.30	Christina, Laura, Marie, Michael		
16.30-17.15	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia		
17.15-17.30	NY IS		
17.15-18.30 Dinner			
17.30-18.15	Jane: 12 løbere		
18.15-19.00	Jane: 1 løber Pernille: Isabella, Nicole		
19.00-19.15	NY IS		
19.15-20.00	Jane: 1 løber Pernille: Benedicte		
20.00-20.45	Jane: 1 løber		
20.45-21.30	Jane: 1 løber		

Uge 1 fredag

On ice		Off-ice/Dance	
7.30-9.00 Breakfast			
7.45-8.30		Dans	
		8.45-9.30	Benedicte, Christina, Freija, Isabella, Karla, Laura, Lea, Lilli, Liva, Marie, Melanie, Michael, Nicole, Siri, Sophia
9.45-10.30	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia		
10.30-10.45	Ny is		
10.45-11.30	Christina, Laura, Marie, Michael		
11.30-12.15	Jane: 13 løbere		
11.30-13.00 Lunch			
12.15-13.00		Off-ice	
13.00-13.15	NY IS		
13.15-14.00	Aurelija: Marie Jane: 1 løber Sandra: Melanie	12.15-13.15	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia
14.00-14.45	Jane: 3 løbere Aurelija: Christina, Michael		
14.45-15.30	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia		
15.30-15.45	NY IS		
15.45-16.30	Christina, Laura, Marie, Michael		
16.30-17.15	Jane: 1 løber Pernille: Lea, Lilli		
17.15-17.30	NY IS		
17.15-18.30 Dinner			
17.30-18.15	Jane: 12 løbere		
18.15-19.00	Aurelija: Laura Jane: 1 løber Pernille: Isabella, Nicole		
19.00-19.15	NY IS		
19.15-20.00	Aurelija: Christina, Michael Jane: 1 løber Pernille: Benedicte		
20.00-20.45	Jane: 1 løber		

Uge 1 lørdag

On ice		Off-ice/Dance	
7.30-9.00 Breakfast			
7.45-8.30		Dans	
		8.45-9.30	Benedicte, Christina, Freija, Isabella, Karla, Laura, Lea, Lilli, Liva, Marie, Melanie, Michael, Nicole, Siri, Sophia
9.45-10.30	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia		
10.30-10.45	Ny is		
10.45-11.30	Christina, Laura, Marie, Michael		
11.30-12.15	Jane: 13 løbere		
11.30-13.00 Lunch			
12.15-13.00		Off-ice	
13.00-13.15	NY IS		
13.15-14.00	Aurelija: Marie Jane: 1 løber Pernille: Lea Sandra: Lilli	12.30-13.15	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia
14.00-14.45	Aurelija: Christina, Michael Jane: 3 løbere Pernille: Isabella, Nicole Sandra: Melanie		
14.45-15.30	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia		
15.30-15.45	NY IS		
15.45-16.30	Christina, Laura, Marie, Michael		
16.30-17.15	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia		
17.15-17.30	NY IS		
17.15-18.30 Dinner			
17.30-18.15	Jane: 12 løbere		
18.15-19.00	Jane: 1 løber Pernille: Benedicte Sandra: Michael		
19.00-19.15	NY IS		
19.15-20.00	Aurelija: Freija Jane: 1 løber Pernille: Emilie L		
20.00-20.45	Jane: 1 løber		
20.45-21.30	Jane: 1 løber		

Uge 1 søndag

On ice		Off-ice/Dance	
7.30-9.00 Breakfast			
7.45-8.30		Dans	
		8.45-9.30	Benedicte, Christina, Freija, Isabella, Karla, Laura, Lea, Lilli, Liva, Marie, Melanie, Michael, Nicole, Siri, Sophia
9.45-10.30	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia		
10.30-10.45	Ny is		
10.45-11.30	Christina, Laura, Marie, Michael		
11.30-12.15	Jane: 13 løbere		
11.30-13.00 Lunch			
12.15-13.00		Off-ice	
13.00-13.15	NY IS		
13.15-14.00	Aurelija: Marie Jane: 1 løber Pernille: Sophia Sandra: Melanie	12.15-13.15	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia
14.00-14.45	Aurelija: Christina, Michael Jane: 3 løbere Pernille: Isabella, Nicole		
14.45-15.30	Benedicte, Freija, Isabella, Karla, Lea, Lilli, Liva, Melanie, Nicole, Siri, Sophia		
15.30-15.45	NY IS		
15.45-16.30	Christina, Laura, Marie, Michael		
16.30-17.15	Jane: 1 løber Pernille: Lilli Sandra: Lea		
17.15-17.30	NY IS		
17.15-18.30 Dinner			
17.30-18.15	Jane: 12 løbere		
18.15-19.00	Aurelija: Laura Jane: 1 løber Sandra: Freija		
19.00-19.15	NY IS		
19.15-20.00	Aurelija: Christina, Michael Jane: 1 løber Pernille: Benedicte		
20.00-20.45	Jane: 1 løber		
20.45-21.30	Jane: 1 løber		

Hviledag mandag

On ice		Off-ice/Dance	
7.15-8.00	Ispenje		
8.00-8.45	Ispenje		
8.45-9.30	Ispenje		
9.30-10.00	Ispenje		
10.00-10.45	Aurelija: Christina, Michael Jane: 1 løber		
10.45-11.30	Aurelija: Christina, Michael Jane: 1 løber		
11.30-12.15	Jane: 1 løber		
12.15-13.00			
13.00-13.15	NY IS		
13.15-14.00	Jane: 1 løber		
14.00-14.45	Jane: 1 løber		
14.45-15.30	Jane: 1 løber		
15.30-15.45	NY IS		
15.45-16.30			
16.30-17.15	Jane: 1 løber		
17.30-18.15	Jane: 1 løber		
18.15-19.00	Jane: 1 løber		

Uge 2 tirsdag

On ice		Off-ice/Dance	
7.30-9.00 Breakfast			
7.15-8.00		Dans	
8.00-8.45	Jane: 1 løber Sandra: Melanie	8.00-8.45	Emma, Iben, Lea, Melanie, Matilde, Victoria
		8.45-9.30	Emilie, Freja, Karla, Laura, Lilli, Mia, Olivia, Nova
9.30-9.45	Ny is		
9.45-10.30	Emma, Iben, Lea, Melanie, Matilde, Victoria Jane: 8 løbere		
10.30-11.15	Emilie, Freja, Karla, Laura, Lilli, Mia, Olivia, Nova		
11.15-11.30	Ny is		
11.30-12.15	André: Isabella P Jane: 16 løbere		
11.30-13.00 Lunch			
12.15-13.00	André: Isabella P Jane: 1 løber Sandra: Iben	Off-ice	
13.00-13.45	Emma, Laura		
13.45-14.00	NY IS		
14.45-15.30	Iben, Lea, Melanie, Matilde, Victoria	15.45-16.45	Iben, Lea, Melanie, Matilde, Victoria
15.30-15.45	NY IS		
15.45-16.30	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova	16.45-17.45	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova
16.30-17.15	André: Ellen, Nikole, Isabella, Selina, Thomas, Nana og Eva Aurelija: Christina, Michael Jane: 8 løbere Sandra: Matilde		
17.15-17.30	NY IS		
17.15-18.30 Dinner			
17.30-18.15	André: Philipha, Maloucca, Yolanda, Shannayiha, Dominica, Antonia Jane: 1 løber		
18.15-19.00	André: Mai, Laila, Viggo, Bella Aurelija: Emma Jane: 8 løbere Sandra: Nova		
19.00-19.15	NY IS		
19.15-20.00	André: Ellen, Nikole, Isabella, Selina, Thomas, Nana og Eva Aurelija: Freija Jane: 1 løber Sandra: Michael		
20.00-20.45	André: Mai, Laila, Viggo, Bella Jane: 1 løber		
20.45-21.30	Jane: 1 løber		

Uge 2 onsdag

On ice		Off-ice/Dance	
7.30-9.00 Breakfast			
7.15-8.00	Sandra: Lea, Lilli	Dans	
8.00-8.45			
8.45-9.30	Iben, Lea, Melanie, Matilde, Victoria	7.45-8.30	Emma, Iben, Lea, Melanie, Matilde, Victoria
9.30-9.45	Ny is		
9.45-10.30	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova		
10.30-11.15		8.45-9.30	Emilie, Freja, Karla, Laura, Lilli, Mia, Olivia, Nova
11.15-11.30	Ny is		
11.30-12.15	Emma, Laura		
11.30-13.00 Lunch			
12.15-13.00	Iben, Lea, Melanie, Matilde, Victoria Jane: 8 løbere	Off-ice	
13.00-13.15	NY IS		
13.15-14.00	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova		
14.00-14.45	Emma, Iben, Lea, Melanie, Matilde, Victoria	15.00-15.45	Iben, Lea, Melanie, Matilde, Victoria
14.45-15.30	Emilie, Freja, Karla, Laura, Lilli, Mia, Olivia, Nova	15.45-16.30	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova
15.30-15.45	NY IS		
15.45-16.30	André: Isabella P Aurelija: Christina, Michael Jane: 8 løbere		
16.30-17.15	André: Mai, Laila, Viggo, Bella Aurelija: Amanda Jane: 8 løber		
17.15-17.30	NY IS		
17.15-18.30 Dinner			
17.30-18.15	André: Philipha, Maloucca, Yolanda, Shannayiha, Dominica, Antonia Aurelija: Amanda Jane: 8 løbere		
18.15-19.00	André: Ellen, Nikole, Isabella, Selina, Thomas, Nana og Eva Aurelija: Amanda Jane: 8 løbere Sandra: Olivia		
19.00-19.15	NY IS		
19.15-20.00	André: Mai, Laila, Viggo, Bella Sandra: Emilie Aurelija: Amanda Jane: 1 løber Sandra: Emilie		
20.00-20.45	André: Ellen, Nikole, Isabella, Selina, Thomas, Nana og Eva Jane: 1 løber Sandra: Katrine		

Uge 2 torsdag

On ice		Off-ice/Dance	
7.30-9.00 Breakfast			
7.15-8.00		Dans	
8.00-8.45	Jane: 1 løber Sandra: Melanie	8.00-8.45	Emma, Iben, Katrine, Lea, Melanie, Matilde, Rikke, Victoria
		8.45-9.30	Emilie, Freja, Karla, Laura, Lilli, Mia, Olivia, Nova
9.30-9.45	Ny is		
9.45-10.30	Emma, Iben, Katrine, Lea, Melanie, Matilde, Rikke, Victoria Jane: 8 løbere		
10.30-11.15	Emilie, Freja, Karla, Laura, Lilli, Mia, Olivia, Nova		
11.15-11.30	Ny is		
11.30-12.15	André: Isabella P Jane: 16 løbere		
11.30-13.00 Lunch			
12.15-13.00	André: Isabella P Jane: 1 løber Sandra: Iben	Off-ice	
13.00-13.45	Emma, Laura		
13.45-14.00	NY IS		
14.45-15.30	Iben, Katrine, Lea, Melanie, Matilde, Rikke, Victoria	15.45-16.45	Iben, Katrine, Lea, Melanie, Matilde, Rikke, Victoria
15.30-15.45	NY IS		
15.45-16.30	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova	16.45-17.45	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova
16.30-17.15	André: Ellen, Nikole, Isabella, Selina, Thomas, Nana og Eva Jane: 8 løbere Sandra: Matilde		
17.15-17.30	NY IS		
17.15-18.30 Dinner			
17.30-18.15	André: Philipha, Maloucca, Yolanda, Shannayiha, Dominica, Antonia Jane: 1 løber		
18.15-19.00	André: Mai, Laila, Viggo, Bella Aurelija: Isabella P Jane: 8 løbere Sandra: Nova		
19.00-19.15	NY IS		
19.15-20.00	André: Ellen, Nikole, Isabella, Selina, Thomas, Nana og Eva Aurelija: Victoria Jane: 1 løber		
20.00-20.45	André: Mai, Laila, Viggo, Bella Jane: 1 løber		
20.45-21.30	Jane: 1 løber		

Uge 2 fredag

On ice		Off-ice/Dance	
7.30-9.00 Breakfast			
7.15-8.00	Sandra: Victoria	Dans	
8.00-8.45			
8.45-9.30	Iben, Lea, Melanie, Matilde, Victoria	7.45-8.30	Emma, Iben, Lea, Melanie, Matilde, Victoria
9.30-9.45	Ny is		
9.45-10.30	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova		
10.30-11.15		8.45-9.30	Emilie, Freja, Karla, Laura, Lilli, Mia, Olivia, Nova
11.15-11.30	Ny is		
11.30-12.15	Emma, Laura		
11.30-13.00 Lunch			
12.15-13.00	Iben, Lea, Melanie, Matilde, Victoria Jane: 8 løbere	Off-ice	
13.00-13.15	NY IS		
13.15-14.00	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova		
14.00-14.45	Emma, Iben, Lea, Melanie, Matilde, Victoria	15.00-15.45	Iben, Lea, Melanie, Matilde, Victoria
14.45-15.30	Emilie, Freja, Karla, Laura, Lilli, Mia, Olivia, Nova	15.45-16.30	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova
15.30-15.45	NY IS		
15.45-16.30	André: Isabella P Aurelija: Emma Jane: 8 løbere		
16.30-17.15	André: Mai, Laila, Viggo, Bella Jane: 8 løber		
17.15-17.30	NY IS		
17.15-18.30 Dinner			
17.30-18.15	André: Philipha, Maloucca, Yolanda, Shannayiha, Dominica, Antonia Jane: 8 løber		
18.15-19.00	André: Ellen, Nikole, Isabella, Selina, Thomas, Nana Jane: 8 løbere		
19.00-19.15	NY IS		
19.15-20.00	André: Mai, Laila, Viggo, Bella Jane: 1 løber Sandra: Emilie		
20.00-20.45	André: Ellen, Nikole, Isabella, Selina, Thomas, Nana Jane: 1 løber		
20.45-21.30	Jane: 1 løber		

Uge 2 lørdag

On ice		Off-ice/Dance	
7.30-9.00 Breakfast			
7.15-8.00	Sandra: Isabella P	Dans	
8.00-8.45	Jane: 1 løber Sandra: Michael	8.00-8.45	Emma, Iben, Lea, Melanie, Matilde, Victoria
		8.45-9.30	Emilie, Freja, Karla, Laura, Lilli, Mia, Olivia, Nova
9.30-9.45	Ny is		
9.45-10.30	Emma, Iben, Lea, Melanie, Matilde, Victoria Jane: 8 løbere		
10.30-11.15	Emilie, Freja, Karla, Laura, Lilli, Mia, Olivia, Nova		
11.15-11.30	Ny is		
11.30-12.15	Jane: 16 løbere		
11.30-13.00 Lunch			
12.15-13.00	Jane: 1 løber Sandra: Melanie	Off-ice	
13.00-13.45	Emma, Laura		
13.45-14.00	NY IS		
14.45-15.30	Iben, Lea, Melanie, Matilde, Victoria	15.45-16.45	Iben, Lea, Melanie, Matilde, Victoria
15.30-15.45	NY IS		
15.45-16.30	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova	16.45-17.45	Emilie, Freja, Karla, Lilli, Mia, Olivia, Nova
16.30-17.15	André: Ellen, Nikole, Isabella, Selina, Thomas, Nana Jane: 8 løbere Sandra: Matilde		
17.15-17.30	NY IS		
17.15-18.30 Dinner			
17.30-18.15	André: Philipha, Maloucca, Yolanda, Shannayiha, Dominica, Antonia Jane: 1 løber		
18.15-19.00	André: Mai, Laila, Viggo, Bella Aurelija: Emma Jane: 8 løbere Sandra: Victoria		
19.00-19.15	NY IS		
19.15-20.00	André: Ellen, Nikole, Isabella, Selina, Thomas, Nana Jane: 1 løber		
20.00-20.45	André: Mai, Laila, Viggo, Bella Jane: 1 løber		
20.45-21.30	Jane: 1 løber		