

NAZIONALE ITALIANA SENIOR FEMMINILE
Raduno di Preparazione - World League - Round 2 Valencia \ Rio
Training Schedule: KZ - Scotland - Italy
Rome 15-19 Febbraio 2013



Time	THURSDAY 14-feb-13	FRIDAY 15-feb-13	SATURDAY 16-feb-13	SUNDAY 17-gen-13	MONDAY 18-feb-13	TUESDAY 19-feb-13	
06.00-06.30							
06.30-07.00							
07.00-07.30							
07.30-08,00							
08,00-08,30							
08.30-09.00							
09.00-09.30							
09.30-10.00		TRAINING SCOTLAND	TRAINING KZ	MATCH-WARM UP			
10.00-10.30				ITA	KZ	MATCH-WARM UP	
10.30-11.00			MATCH-WARM UP		MATCH-WARM UP		
11.00-11.30		TRAINING KZ	ITA	SCO	TRAINING SCOTLAND	ITA	SCO
11.30-12.00					ITA	SCO	
12.00-12.30							
12.30-13.00							
13,00-13,30							
13,30-14,00							
14,00-14,30							
14,30-15.00							
15,00-15,30							
15,30-16.00							
16,00-16,30							
16,30-17,00		TRAINING ITALY	TRAINING ITALY	TRAINING SCOTLAND	TRAINING ITALY		
17,00-17,30							
17,30-18,00		MATCH-WARM UP					
18,00-18,30							TRAINING ITALY
18,30-19.00	TRAINING KZ	SCO	KZ	TRAINING SCOTLAND	TRAINING ITALY	TRAINING SCOTLAND	
19,00-19,30							
19,30-20.00							
20,00-20,30							
20,30-21.00							
21,00-21,30							
21,30-22.00							
22,00-22,30							
22,30-23.00							
23,00-23,30							
23,30-24,00							