

IHDC Planning - Brig - 19 to 25 July 2026 - V. 4.0

	Dimanche		Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi					
	Montréal	Vegas	Ice Staff	Montréal	Vegas	Ice Staff	Montréal	Vegas	Ice Staff	Montréal	Vegas	Ice Staff	Montréal	Vegas		Ice Staff	Montréal	Vegas
7:00			Breakfast			Breakfast			Breakfast			Breakfast						7:00
7:15																		7:15
7:30			Breakfast			Breakfast			Breakfast			Breakfast						7:30
7:45			Move	Breakfast	Breakfast	Move	Breakfast	Breakfast	Move	Breakfast	Breakfast	Move	Breakfast	Breakfast				7:45
8:00																		8:00
8:15			Move			Move			Move			Move			Breakfast			8:15
8:30			Locker room	Gym Hôtel		Locker room	Gym Hôtel		Locker room	Gym Hôtel		Locker room	Gym Hôtel					8:30
8:45																		8:45
9:00			Ice			Ice			Ice			Ice			Packing	Breakfast		9:00
9:15																		9:15
9:30																		9:30
9:45				Move			Move			Move			Move					9:45
10:00				Collation			Collation			Collation			Collation		Breakfast	Packing		10:00
10:15			Collation			Collation			Collation			Collation						10:15
10:30			Collation	Locker room		Collation	Locker room		Collation	Locker room		Collation	Locker room					10:30
10:45			Mobilité			Mobilité			Mobilité			Mobilité			Walking trip	Walking trip		10:45
11:00			Facia - Dojo			Facia - Dojo			Facia - Dojo			Facia - Dojo						11:00
11:15			Game	Ice		Game	Ice		Game	Ice		Game	Ice	Lunch		Game		11:15
11:30	Onbaording		Arena			Arena			Arena			Arena		Lunch	Locker room	Arena		11:30
11:45																		11:45
12:00			Lunch			Lunch			Lunch			Lunch						12:00
12:15			Arena	Locker room		Arena	Locker room		Arena	Locker room		Arena	Locker room		Game	Lunch		12:15
12:30																		12:30
12:45				Mobilité			Mobilité			Mobilité			Mobilité					12:45
13:00			Locker room	Facia - Dojo		Locker room	Facia - Dojo		Locker room	Facia - Dojo		Locker room	Facia - Dojo					13:00
13:15	Locker room			Lunch			Lunch			Lunch			Lunch		Closing event			13:15
13:30			Ice			Ice			Ice			Ice				Zamboni		13:30
13:45															Locker room			13:45
14:00			Ice			Ice			Ice			Ice			Injury prevent			14:00
14:15							Mobilité			Injury prevent			Injury prevent					14:15
14:30							Facia - Dojo								Lunch	Game		14:30
14:45			Collation			Collation			Collation			Collation						14:45
15:00			Collation	Locker room		Collation	Locker room		Collation	Locker room		Collation	Locker room		Departure			15:00
15:15		Onbaording		Recovery			Locker room			Locker room			Locker room					15:15
15:30			Game													Locker room		15:30
15:45			Arena													Departure		15:45
16:00				Move														16:00
16:15			Locker room															16:15
16:30			Recovery															16:30
16:45			Arena															16:45
17:00				Ice														17:00
17:15																		17:15
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17:45																		17:45
18:00				Gym														18:00
18:15				Hôtel														18:15
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22:30																		22:30

Pascal	
Nath&Nath	
Jeremi	
Barbara	
Séb	
Team Lead	
Alain	