

| Harjoitusaikataulu VKO 11          |                                        |  |                |                                               |  |  |                                                              |                    |             | 14.3 YL Talven TaiKaa Kajaani (Tähtisarjat) 14.-15.3.2026 ML Kansalliset sarjat 3. kilpailut Seinäjoki |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |
|------------------------------------|----------------------------------------|--|----------------|-----------------------------------------------|--|--|--------------------------------------------------------------|--------------------|-------------|--------------------------------------------------------------------------------------------------------|--|--|---------------------------------------|--|-----------------------------------|--------------------------------------------------|--|--|-----------------------------------|--|--|--|--|
| JH1<br>JOUPPILANVUOREN<br>JÄÄHALLI | MA 9.3                                 |  |                | TI 10.3                                       |  |  | KE 11.3                                                      |                    |             | TO 12.3                                                                                                |  |  | PE 13.3                               |  |                                   | LA 14.3                                          |  |  | SU 15.3                           |  |  |  |  |
|                                    | 15:15-16:15 K1 vihr Je                 |  |                | 15:15-16:00 K3 viol K3 pink P,Aadis           |  |  | 7:15-8:00 AAMUJÄÄ P                                          |                    |             | 15:00-15:45 K2 pun K3 pink P,Je                                                                        |  |  | 14:00-15:00 TAITOJÄÄ Je               |  |                                   | 8:00-9:00 K2 sin K2 pun P,Je                     |  |  | ML KILPAILUT, ERILLINEN AIKATAULU |  |  |  |  |
|                                    | 15:30-16:15 K2 sin Aadis               |  |                | 16:00-16:45 Lilat K1 vihr P,Aadis             |  |  |                                                              |                    |             | 15:45-16:30 K1 vihr K2 sin P,Je                                                                        |  |  | 15:15-16:15 Lilat K1 kelt P,Miimi     |  |                                   | 8:00-8:45 K3 viol                                |  |  |                                   |  |  |  |  |
|                                    | 16:15-17:00 vain KA K1 kelt Je         |  |                | 16:45-17:30 K4 KT P,Aadis, Miimi lida K       |  |  | 15:15-16:15 K2 sin K2 pun P,Aadis                            |                    |             | 16:45-17:30 Lilat K1 kelt P,Je                                                                         |  |  | Miimi 16:00 saakka                    |  |                                   | ML KILPAILUT alk. KLO 10:00, ERILLINEN AIKATAULU |  |  |                                   |  |  |  |  |
|                                    | 17:15-18:00 LK Je, ohjaajat            |  |                |                                               |  |  | 16:30-17:15 Lilat K1 kelt P,Je                               |                    |             |                                                                                                        |  |  | 16:30-17:30 RF RP T,Eve               |  |                                   |                                                  |  |  |                                   |  |  |  |  |
|                                    | 18:15-19:00 Tim Jal Elli,Anni          |  |                |                                               |  |  | 17:15-18:00 K4 Tim Aadis, Miimi,Elli Je,Roni                 |                    |             |                                                                                                        |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |
|                                    | Täh RK Je,Matte                        |  |                |                                               |  |  | Jal                                                          |                    |             |                                                                                                        |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |
|                                    |                                        |  |                |                                               |  |  | 21:40-22:30 RB Eve                                           |                    |             |                                                                                                        |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |
| JH2<br>SEINÄJOEN<br>JÄÄHALLI       | 15:45-16:45 RF T,Eve                   |  |                | 16:15-17:20 RS Matte,Eve                      |  |  | 14:00-15:00 JÄ T                                             |                    |             | 7:15-8:00 AAMUJÄÄ P                                                                                    |  |  | 15:15-16:00 K2 sin K1 vihr Je,Aadis   |  |                                   | 8:00-8:45 RP T                                   |  |  |                                   |  |  |  |  |
|                                    | 17:00-17:45 T1 Sal Aadis/Eve           |  |                |                                               |  |  | 15:15-16:00 K3 viol K3 pink Je,Miimi                         |                    |             |                                                                                                        |  |  | 16:00-16:45 K2 pun K3 viol Je,Aadis   |  |                                   | 8:45-9:30 KT T1 Aadis,Miimi,Anni                 |  |  |                                   |  |  |  |  |
|                                    | 17:45-18:30 K2 pun K3 viol Aadis,Miimi |  |                |                                               |  |  | Sal Eve                                                      |                    |             | 15:15-16:15 RS Matte,Eve                                                                               |  |  | 16:45-17:30 K3 pink K4 Je,Aadis ,Roni |  |                                   | 9:30-10:15 K6 Tim P,Aadis,Miimi                  |  |  |                                   |  |  |  |  |
|                                    |                                        |  |                |                                               |  |  | 16:00-16:50 RF T,Eve                                         |                    |             | 16:15-17:20 RP T,Eve                                                                                   |  |  |                                       |  |                                   | K3 pink Je                                       |  |  |                                   |  |  |  |  |
|                                    | 20:40-21:30 RX JX OT                   |  |                |                                               |  |  | 17:00-18:00 RP T,Eve                                         |                    |             |                                                                                                        |  |  |                                       |  |                                   | 10:30-11:15 LK Täh Je,ohjaajat                   |  |  |                                   |  |  |  |  |
|                                    | RX/JX omatoiminen                      |  |                |                                               |  |  |                                                              |                    |             | 20:40-21:30 RB Eve                                                                                     |  |  |                                       |  |                                   | RK Anni E                                        |  |  |                                   |  |  |  |  |
|                                    |                                        |  |                |                                               |  |  |                                                              |                    |             |                                                                                                        |  |  |                                       |  |                                   | 11:15-12:00 JT Je,Anni                           |  |  |                                   |  |  |  |  |
| JH3<br>HARJOITUSHALLI              |                                        |  |                | 19:15-20:30 RR T                              |  |  |                                                              |                    |             |                                                                                                        |  |  | 16:15-17:00 KT Miimi,Roosa            |  |                                   | 18:10-19:00 KUNTOLUISTELU                        |  |  |                                   |  |  |  |  |
| LAPUAN<br>JÄÄHALLI                 |                                        |  |                |                                               |  |  |                                                              |                    |             |                                                                                                        |  |  |                                       |  |                                   | HUOM! K1/K1 harjoitukset Lapualla                |  |  |                                   |  |  |  |  |
|                                    |                                        |  |                |                                               |  |  |                                                              |                    |             |                                                                                                        |  |  |                                       |  | 12:30-13:15 vain KA K1 kelt P     |                                                  |  |  |                                   |  |  |  |  |
|                                    |                                        |  |                |                                               |  |  |                                                              |                    |             |                                                                                                        |  |  |                                       |  | 13:30-14:15 Lilat ei K4 K1 vihr P |                                                  |  |  |                                   |  |  |  |  |
| OHEISET                            | 17:00-17:45 RF T                       |  |                | 16:15-17:00 K3 viol K3 pink Sa                |  |  | 17:30-18:15 Lilat K1 kelt P                                  |                    |             | 16:00-16:45 K2 pun K3 pink Aadis                                                                       |  |  | 16:15-17:00 K1 vihr K2 sin Matte      |  |                                   | 9:45-10:15 KT Anni                               |  |  |                                   |  |  |  |  |
|                                    | RF JH2 Sali                            |  |                | K3 JH1 Sali                                   |  |  | Lilat/K1 JH1 Sali                                            |                    |             | K2/K3 JH1 Sali                                                                                         |  |  | K1/K2 JH2 Sali                        |  |                                   | KT JH2 Sali                                      |  |  |                                   |  |  |  |  |
|                                    |                                        |  |                |                                               |  |  |                                                              |                    |             |                                                                                                        |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |
|                                    | 16:30-17:15 K1 vihr K2 sin Miimi       |  |                | 17:00-17:45 K1 kelt K1 vihr Sa                |  |  | 18:15-18:45 Tim Jal Je,Elli                                  |                    |             | 16:45-17:30 K2 sin Aadis                                                                               |  |  | 16:30-17:15 Lilat K1 kelt P           |  |                                   | 10:30-11:00 K6 P                                 |  |  |                                   |  |  |  |  |
|                                    | K2/K3 JH1 Sali                         |  |                | Lilat Roosa                                   |  |  | Timantit, Jalokivet JH1 Sali                                 |                    |             | 16:45-17:45 K1 vihr Aadis                                                                              |  |  | Lilat/K1 JH1 SALI                     |  |                                   | K4 JH2 Sali, alakerta                            |  |  |                                   |  |  |  |  |
|                                    |                                        |  |                | KA/K1 KAIKKI JH1 Sali                         |  |  |                                                              |                    |             | K1/K2 JH1 Sali                                                                                         |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |
|                                    | 17:30-18:00 Tim Elli                   |  |                |                                               |  |  | 17:15-18:00 RF Jasse                                         |                    |             |                                                                                                        |  |  | 17:15-18:00 K2 pun K3 viol P          |  |                                   | 10:30-11:00 JT Aadis                             |  |  |                                   |  |  |  |  |
|                                    | Timantit JH1 Sali                      |  |                | 17:45-18:30 RS Matte                          |  |  | 18:00-18:15 RF oma-toimine OT                                |                    |             | 16:30-17:15 RS Matte                                                                                   |  |  | K2/K3 JH1 Sali                        |  |                                   | JT JH2 Sali, yläkerta                            |  |  |                                   |  |  |  |  |
|                                    |                                        |  |                | RS JH1 Sali                                   |  |  | RF Juoksusuora, JH2 saliin voi mennä                         |                    |             | RS JH2 Sali                                                                                            |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |
|                                    | 18:00-18:30 T1 Sal Eve                 |  |                |                                               |  |  | mikäli vapaana                                               |                    |             |                                                                                                        |  |  | 17:45-18:30 K3 pink K4 Je,Aadis       |  |                                   | 11:30-12:00 RK Aadis                             |  |  |                                   |  |  |  |  |
|                                    | T1/Salamat JH1 Sali                    |  |                | 17:45-18:30 K4 P                              |  |  |                                                              |                    |             | 17:45-18:45 Lilat K1 kelt P                                                                            |  |  | K3/K4 Juoksusuora                     |  |                                   | RK JH2 Sali                                      |  |  |                                   |  |  |  |  |
|                                    |                                        |  |                | K4 JH1 Sali tai Juoksusuora                   |  |  | 18:15-19:00 RP Jasse                                         |                    |             | KA/K1 Juoksusuora                                                                                      |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |
|                                    | 18:45-19:30 K2 pun K3 viol Aadis       |  |                |                                               |  |  | 19:00-19:15 RP oma-toimine OT                                |                    |             |                                                                                                        |  |  | 17:45-18:15 RF RP T,Eve               |  |                                   | 12:00-13:00 K2 sin K2 pun Roosa                  |  |  |                                   |  |  |  |  |
|                                    | K2/K3 JH1 Sali                         |  |                | 17:45-18:15 KT Miimi                          |  |  | RP Juoksusuora, JH1 tai JH2 saliin voi mennä, mikäli vapaana |                    |             | 17:45-18:45 RP T                                                                                       |  |  | RF,RP JH1 Sali                        |  |                                   | Jumppa HUOM! PAIKKA SVO-Sali                     |  |  |                                   |  |  |  |  |
|                                    |                                        |  | KT Juoksusuora |                                               |  |  |                                                              |                    | RP JH2 Sali |                                                                                                        |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |
| LUKION SALIT POISSA KÄYTÖSTÄ       |                                        |  |                |                                               |  |  |                                                              |                    |             |                                                                                                        |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |
| KOKO LOPPUKEVÄÄN (remontti)        |                                        |  |                | 18:15-19:00 RR T                              |  |  |                                                              | 20:25-21:25 RB Eve |             |                                                                                                        |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |
|                                    |                                        |  |                | RR Juoksusuora (saliin voi mennä jos vapaana) |  |  |                                                              | RB JH1 Sali        |             |                                                                                                        |  |  |                                       |  |                                   |                                                  |  |  |                                   |  |  |  |  |