

PROGRAM AND GROUPS

TIME	MONDAY 8.7	TUESDAY 9.7	WEDNESDAY 10.7	THURSDAY 11.7	FRIDAY 12.7	TIME
07.00-07.30		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	07.00-07.30
07.30-08.00		TRAINING GROUP 3 BREAKFAST	TRAINING GROUP 2 BREAKFAST	BREAKFAST	BREAKFAST	07.30-08.00
08.00-08.30		TRAINING GROUP 3 BREAKFAST	TRAINING GROUP 2 BREAKFAST	TRAINING GROUP 3 BREAKFAST	BREAKFAST	08.00-08.30
08.30-09.00		TRAINING GROUP 3	TRAINING GROUP 2	TRAINING GROUP 3	TRAINING ALL	08.30-09.00
09.00-09.30	START AND ROOMS	TRAINING GROUP 1	TRAINING GROUP 1	TRAINING GROUP 3	TRAINING ALL	09.00-09.30
09.30-10.00	START AND ROOMS	TRAINING GROUP 1	TRAINING GROUP 1	TRAINING GROUP 1	TRAINING ALL	09.30-10.00
10.00-10.30	START AND ROOMS			TRAINING GROUP 1	TRAINING ALL	10.00-10.30
10.30-11.00	TRAINING ALL	TRAINING GROUP 2		TRAINING GROUP 2		10.30-11.00
11.00-11.30	TRAINING ALL	TRAINING GROUP 2		TRAINING GROUP 2	LUNCH	11.00-11.30
11.30-12.00	TRAINING ALL	TRAINING GROUP 2	LUNCH	TRAINING GROUP 2	LUNCH	11.30-12.00
12.00-12.30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	12.00-12.30
12.30-13.00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	12.30-13.00
13.00-13.30	LUNCH		WOMEN JUDO		CLEANING	12.30-13.00
13.30-14.00		JUDO BIC	WOMEN JUDO	SPANISH STAMINA	CLEANING	13.00-13.30
14.00-14.30		JUDO BIC	WOMEN JUDO	SPANISH STAMINA	CLEANING	13.30-14.00
14.30-15.00	PERSONAL TRAINER		TRAINING GROUP 2		THE END	14.00-14.30
15.00-15.30	PERSONAL TRAINER	BAILA MIX	TRAINING GROUP 2	BAILA MIX	THE END	14.30-15.00
15.30-16.00		BAILA MIX	TRAINING GROUP 2	BAILA MIX		15.00-15.30
16.00-16.30	DINNER	TRAINING GROUP 1	TRAINING GROUP 1	TRAINING GROUP 1	SEE YOU 7. - 11 .7.2014	15.30-16.00
16.30-17.00	DINNER	DINNER	DINNER	DINNER		16.00-16.30
17.00-17.30	DINNER	DINNER	DINNER	DINNER		16.30-17.00
17.30-18.00			TRAINING GROUP 3			17.00-17.30
18.00-18.30	TRAINING GROUP 2	HARJOITUS RYHMÄ 2	TRAINING GROUP 3	TRAINING GROUP 3		17.30-18.00
18.30-19.00	TRAINING GROUP 2	HARJOITUS RYHMÄ 2	TRAINING GROUP 3	TRAINING GROUP 3		18.00-18.30
19.00-19.30	TRAINING GROUP 2	HARJOITUS RYHMÄ 2	CRAZY JUDOKAS	TRAINING GROUP 3		18.30-19.00
19.30-20.00	TRAINING GROUP 3 SUPPER	TRAINING GROUP 3	CRAZY JUDOKAS	TRAINING GROUP 2 SUPPER		19.00-19.30
20.00-20.30	TRAINING GROUP 3 SUPPER	TRAINING GROUP 3 SUPPER	CRAZY JUDOKAS	TRAINING GROUP 2 SUPPER		19.30-20.00
20.30-21.00	SUPPER	SUPPER	CRAZY JUDOKAS	SUPPER SUPPER		20.00-20.30
21.00-21.30			CRAZY JUDOKAS			20.30-21.00
21.30-22.00			CRAZY JUDOKAS			21.00-21.30
22.00-23.00	SILENCE	SILENCE	SILENCE	SILENCE		21.30-22.00
						22.00-23.00

UINTIA JA MELONTAA YMS. MUITA PELEJÄ VAPAASTI JA VALVOTUSTI KOKO LEIRIN AJAN !!! KANTTIINI AUKI ERIKSEEN SOVITUINA AIKOKAINA !!!

HARJOITUS RYHMÄ 1	Valkoiset-Oranssi (pienet)
HARJOITUS RYHMÄ 2	Oranssi -Siniset (Junnut)+ Aikuiset aloittelijat
HARJOITUS RYHMÄ 3	Aikuiset ja Kilpailija junnut