

## SJR PROGRAM AND GROUPS 2019

TIME	SUNDAY 7.7	MONDAY 8.7	TUESDAY 9.7	WEDNESDAY 10.7	THURSDAY 11.7	FRIDAY 12.7	TIME
07.00-07.30		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	07.00-07.30
07.30-08.00		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	07.30-08.00
08.00-08.30		TRAINING GROUP 2 BREAKFAST	BREAKFAST	TRAINING GROUP 2 BREAKFAST	TRAINING GROUP 2 BREAKFAST	BREAKFAST	08.00-08.30
08.30-09.00		TRAINING GROUP 2		TRAINING GROUP 2			08.30-09.00
09.00-09.30		TRAINING GROUP 2		TRAINING GROUP 2		TRAINING ALL GROUPS	09.00-09.30
09.30-10.00		TRAINING GROUP 1		TRAINING GROUP 1		TRAINING ALL GROUPS	09.30-10.00
10.00-10.30		TRAINING GROUP 1		TRAINING GROUP 1		TRAINING ALL GROUPS	10.00-10.30
10.30-11.00					TRAINING GROUP 3	LUNCH	10.30-11.00
11.00-11.30	ACCOMMODATION	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	11.00-11.30
11.30-12.00	ACCOMMODATION	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	11.30-12.00
12.00-12.30	ACCOMMODATION	LUNCH	LUNCH	LUNCH	LUNCH	CLEANING	12.00-12.30
12.30-13.00	ACCOMMODATION					CLEANING	12.30-13.00
13.00-13.30	TRAINING ALL GROUPS	BAILA LATINO		BAILA LATINO	BAILA LATINO	CLEANING	13.00-13.30
13.30-14.00	TRAINING ALL GROUPS	BAILA LATINO		BAILA LATINO	BAILA LATINO	THE END	13.30-14.00
14.00-14.30	TRAINING ALL GROUPS	JUDO TECHNIQUE		JUDO TECHNIQUE	JUDO TECHNIQUE	THE END	14.00-14.30
14.30-15.00	TRAINING ALL GROUPS	JUDO TECHNIQUE		JUDO TECHNIQUE	JUDO TECHNIQUE		14.30-15.00
15.00-15.30	LUNCH					SEE YOU 6. - 10 .7.2010	15.00-15.30
15.30-16.00	LUNCH				TRAINING GROUP 1		15.30-16.00
16.00-16.30	LUNCH	DINNER	DINNER	DINNER	DINNER		16.00-16.30
16.30-17.00	TRAINING GROUP 1 LUNCH	DINNER	DINNER	DINNER	DINNER		16.30-17.00
17.00-17.30	TRAINING GROUP 1	DINNER	DINNER	DINNER	DINNER		17.00-17.30
17.30-18.00		TRAINING GROUP 2		TRAINING GROUP 2		TRAINING GROUP 3	17.30-18.00
18.00-18.30		TRAINING GROUP 2		TRAINING GROUP 2		TRAINING GROUP 3	18.00-18.30
18.30-19.00		TRAINING GROUP 2		TRAINING GROUP 2		TRAINING GROUP 3	18.30-19.00
19.00-19.30	TRAINING GROUP 3				TRAINING GROUP 2		19.00-19.30
19.30-20.00	TRAINING GROUP 3				TRAINING GROUP 2		19.30-20.00
20.00-20.30	TRAINING GROUP 3 SUPPER	TRAINING GROUP 3 SUPPER	SUPPER	TRAINING GROUP 3 SUPPER	TRAINING GROUP 2 SUPPER		20.00-20.30
20.30-21.00	SUPPER	SUPPER	SUPPER	SUPPER	U16 - U21 PARTY SUPPER		20.30-21.00
21.00-21.30	SUPPER	SUPPER	SUPPER	SUPPER	U16 - U21 PARTY SUPPER		21.00-21.30
21.30-22.00					U16 - U21 PARTY		21.30-22.00
22.00-23.00	SILENCE	SILENCE	SILENCE	SILENCE	U16 - U21 PARTY		22.00-23.00

SWIMMING, FOOTBALL, KAYAK, GYM, ZUMBA, DIFFERENT GAMES ETC...

TRAINING GROUP 1	White - Yellow belt kids
TRAINING GROUP 2	Orange - Green belt kids
TRAINING GROUP 3	U16 / U18 / U21 + Adults