

# SJR 2025

| TIME        | MONDAY 7.7.2025       | TUESDAY 8.7.2025             | WEDNESDAY 9.7.2025             | THURSDAY 10.7.2025 | FRIDAY 11.7.2025    | TIME        |
|-------------|-----------------------|------------------------------|--------------------------------|--------------------|---------------------|-------------|
| 08.00-08.30 |                       | BREAKFAST                    | BREAKFAST                      | BREAKFAST          | BREAKFAST           | 08.00-08.30 |
| 08.30-09.00 |                       | BREAKFAST                    | BREAKFAST                      | BREAKFAST          | BREAKFAST           | 08.30-09.00 |
| 09.00-09.30 |                       | TRAINING GROUP 1-2           | TRAINING GROUP 3               | TRAINING GROUP 1-2 | TRAINING ALL GROUPS | 09.00-09.30 |
| 09.30-10.00 |                       | TRAINING GROUP 1-2           | TRAINING GROUP 3               | TRAINING GROUP 1-2 | TRAINING ALL GROUPS | 09.30-10.00 |
| 10.00-10.30 |                       | TRAINING GROUP 1-2           | TRAINING GROUP 3               | TRAINING GROUP 1-2 | TRAINING ALL GROUPS | 10.00-10.30 |
| 10.30-11.00 |                       | TRAINING GROUP 3             | TRAINING GROUP 1-2             | TRAINING GROUP 3   | TRAINING ALL GROUPS | 10.30-11.00 |
| 11.00-11.30 | REGISTRATION          | TRAINING GROUP 3             | TRAINING GROUP 1-2             | TRAINING GROUP 3   | LUNCH               | 11.00-11.30 |
| 11.30-12.00 | REGISTRATION          | TRAINING GROUP 3             | TRAINING GROUP 1-2             | TRAINING GROUP 3   | LUNCH               | 11.30-12.00 |
| 12.00-12.30 | REGISTRATION          | LUNCH                        | LUNCH                          | LUNCH              | CLEANING            | 12.00-12.30 |
| 12.30-13.00 | REGISTRATION          | LUNCH                        | LUNCH                          | LUNCH              | CLEANING            | 12.30-13.00 |
| 13.00-13.30 | TRAINING ALL GROUPS   | LUNCH WOMENS TRAINING WOMENS | LUNCH                          | LUNCH              | THE END             | 13.00-13.30 |
| 13.30-14.00 | TRAINING ALL GROUPS   | LUNCH                        | LUNCH                          | LUNCH              | THE END             | 13.30-14.00 |
| 14.00-14.30 | TRAINING ALL GROUPS   |                              | H.Heydarov Technique TECHNIQUE |                    |                     | 14.00-14.30 |
| 14.30-15.00 | TRAINING ALL GROUPS   |                              | TECHNIQUE                      |                    |                     | 14.30-15.00 |
| 15.00-15.30 | LUNCH                 | TRAINING GROUP 1-2           |                                | TRAINING GROUP 1-2 |                     | 15.00-15.30 |
| 15.30-16.00 | LUNCH                 | TRAINING GROUP 1-2           |                                | TRAINING GROUP 1-2 |                     | 15.30-16.00 |
| 16.00-16.30 | LUNCH                 | TRAINING GROUP 1-2           | TRAINING GROUP 3               | TRAINING GROUP 1-2 |                     | 16.00-16.30 |
| 16.30-17.00 | TRAINING GROUP 1-2    |                              | TRAINING GROUP 3               |                    |                     | 16.30-17.00 |
| 17.00-17.30 | TRAINING GROUP 1-2    |                              | TRAINING GROUP 3               |                    |                     | 17.00-17.30 |
| 17.30-18.00 | TRAINING GROUP 1-2    | TRAINING GROUP 3             |                                | TRAINING GROUP 3   |                     | 17.30-18.00 |
| 18.00-18.30 | TRAINING GROUP 3      | TRAINING GROUP 3             | TRAINING GROUP 1-2             | TRAINING GROUP 3   |                     | 18.00-18.30 |
| 18.30-19.00 | TRAINING GROUP 3      | TRAINING GROUP 3             | TRAINING GROUP 1-2             | TRAINING GROUP 3   |                     | 18.30-19.00 |
| 19.00-19.30 | TRAINING GROUP 3      | DINNER                       | TRAINING GROUP 1-2             | DINNER             |                     | 19.00-19.30 |
| 19.30-20.00 | SUPPER                | DINNER                       | DINNER                         | DINNER             |                     | 19.30-20.00 |
| 20.00-20.30 | SUPPER                |                              | DINNER                         |                    |                     | 20.00-20.30 |
| 20.30-21.00 |                       |                              |                                |                    |                     | 20.30-21.00 |
| 21.00-21.30 | BREAKFAST 08:00-09:30 | LUNCH 12:00-14:00            | DINNER 18:30-20:00             |                    |                     | 21.00-21.30 |
| 21.30-22.00 |                       |                              |                                |                    |                     | 21.30-22.00 |