

# SJR PROGRAM AND GROUPS 2016

| TIME        | MONDAY 4.7           | TUESDAY 5.7                | WEDNESDAY 6.7         | THURSDAY 7.7               | FRIDAY 8.7               | TIME                |
|-------------|----------------------|----------------------------|-----------------------|----------------------------|--------------------------|---------------------|
| 07.00-07.30 |                      | BREAKFAST                  | BREAKFAST             | BREAKFAST                  | BREAKFAST                | 07.00-07.30         |
| 07.30-08.00 |                      | BREAKFAST                  | BREAKFAST             | BREAKFAST                  | BREAKFAST                | 07.30-08.00         |
| 08.00-08.30 | ACCOMMODATION        | TRAINING GROUP 2           | TRAINING GROUP 3      | TRAINING GROUP 2           | BREAKFAST                | 08.00-08.30         |
| 08.30-09.00 | ACCOMMODATION        | TRAINING GROUP 2           | TRAINING GROUP 3      | TRAINING GROUP 2           |                          | 08.30-09.00         |
| 09.00-09.30 | ACCOMMODATION        | TRAINING GROUP 2           | TRAINING GROUP 3      | TRAINING GROUP 2           |                          | TRAINING ALL GROUPS |
| 09.30-10.00 | ACCOMMODATION        | TRAINING GROUP 1           | TRAINING GROUP 1      | TRAINING GROUP 1           |                          | TRAINING ALL GROUPS |
| 10.00-10.30 | TRAINING ALL GROUPS  | TRAINING GROUP 1           | TRAINING GROUP 1      | TRAINING GROUP 1           |                          | TRAINING ALL GROUPS |
| 10.30-11.00 | TRAINING ALL GROUPS  |                            |                       |                            | TRAINING GROUP 3         | LUNCH               |
| 11.00-11.30 | TRAINING ALL GROUPS  | LUNCH                      | LUNCH                 | LUNCH                      | TRAINING GROUP 3         | LUNCH               |
| 11.30-12.00 | TRAINING ALL GROUPS  | LUNCH                      | LUNCH                 | LUNCH                      | TRAINING GROUP 3         | LUNCH               |
| 12.00-12.30 | LUNCH                | LUNCH                      | LUNCH                 | LUNCH                      |                          | CLEANING            |
| 12.30-13.00 | LUNCH                |                            |                       |                            |                          | CLEANING            |
| 13.00-13.30 | LUNCH                |                            | DAVID SPANISH STAMINA |                            |                          | CLEANING            |
| 13.30-14.00 |                      |                            | DAVID SPANISH STAMINA |                            |                          | THE END             |
| 14.00-14.30 | PERSONAL TRAINER<br> | MUKI'S SODE JUDO TECHNIQUE |                       | MUKI'S SODE JUDO TECHNIQUE |                          | THE END             |
| 14.30-15.00 | PERSONAL TRAINER     | MUKI'S SODE JUDO TECHNIQUE |                       | MUKI'S SODE JUDO TECHNIQUE |                          |                     |
| 15.00-15.30 |                      |                            |                       |                            | SEE YOU 10. - 14 .7.2017 | 15.00-15.30         |
| 15.30-16.00 |                      |                            | TRAINING GROUP 3      |                            |                          | 15.30-16.00         |
| 16.00-16.30 | DINNER               | DINNER                     | TRAINING GROUP 3      | DINNER                     |                          | 16.00-16.30         |
| 16.30-17.00 | DINNER               | DINNER                     | DINNER                | DINNER                     |                          | 16.30-17.00         |
| 17.00-17.30 | DINNER               | DINNER                     | DINNER                | DINNER                     |                          | 17.00-17.30         |
| 17.30-18.00 |                      |                            |                       |                            |                          | 17.30-18.00         |
| 18.00-18.30 |                      |                            |                       |                            |                          | 18.00-18.30         |
| 18.30-19.00 |                      |                            |                       |                            |                          | 18.30-19.00         |
| 19.00-19.30 | TRAINING GROUP 3     | TRAINING GROUP 3           | CRAZY JUDOKAS         |                            |                          | 19.00-19.30         |
| 19.30-20.00 | TRAINING GROUP 3     | TRAINING GROUP 3           | CRAZY JUDOKAS         |                            |                          | 19.30-20.00         |
| 20.00-20.30 | TRAINING GROUP 3     | SUPPER                     | SUPPER                | SUPPER                     |                          | 20.00-20.30         |
| 20.30-21.00 | SUPPER               | SUPPER                     | CRAZY JUDOKAS         | SUPPER                     |                          | 20.30-21.00         |
| 21.00-21.30 | SUPPER               | SUPPER                     | CRAZY JUDOKAS         | SUPPER                     |                          | 21.00-21.30         |
| 21.30-22.00 |                      |                            | CRAZY JUDOKAS         |                            |                          | 21.30-22.00         |
| 22.00-23.00 | 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 |