

PROGRAM AND GROUPS

TIME	MONDAY 6.7	TUESDAY 7.7	WEDNESDAY 8.7	THURSDAY 9.7	FRIDAY 10.7	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 3 BREAKFAST	TRAINING GROUP 2 BREAKFAST	TRAINING GROUP 3 BREAKFAST	BREAKFAST	08.00-08.30
08.30-09.00	ACCOMMODATION	TRAINING GROUP 3	TRAINING GROUP 2	TRAINING GROUP 3		08.30-09.00
09.00-09.30	ACCOMMODATION	TRAINING GROUP 3	TRAINING GROUP 2	TRAINING GROUP 3	TRAINING ALL	09.00-09.30
09.30-10.00	ACCOMMODATION	TRAINING GROUP 1	TRAINING GROUP 1	TRAINING GROUP 1	TRAINING ALL	09.30-10.00
10.00-10.30	TRAINING ALL	TRAINING GROUP 1	TRAINING GROUP 1	TRAINING GROUP 1	TRAINING ALL	10.00-10.30
10.30-11.00	TRAINING ALL				TRAINING ALL	10.30-11.00
11.00-11.30	TRAINING ALL	TRAINING GROUP 2 LUNCH	TRAINING GROUP 3 LUNCH	TRAINING GROUP 2 LUNCH	LUNCH	11.00-11.30
11.30-12.00	TRAINING ALL	TRAINING GROUP 2 LUNCH	TRAINING GROUP 3 LUNCH	TRAINING GROUP 2 LUNCH	LUNCH	11.30-12.00
12.00-12.30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	12.00-12.30
12.30-13.00	LUNCH		WOMEN JUDO		CLEANING	12.30-13.00
13.00-13.30	LUNCH		WOMEN JUDO		CLEANING	13.00-13.30
13.30-14.00		JUDO BIC	WOMEN JUDO	SPANISH STAMINA	CLEANING	13.30-14.00
14.00-14.30		JUDO BIC			THE END	14.00-14.30
14.30-15.00	PERSONAL TRAINER	BAILA MIX	TRAINING GROUP 2	BAILA MIX	THE END	14.30-15.00
15.00-15.30	PERSONAL TRAINER	BAILA MIX	TRAINING GROUP 2	BAILA MIX		15.00-15.30
15.30-16.00			TRAINING GROUP 1	TRAINING GROUP 1	SEE YOU 4. - 8.7.2016	15.30-16.00
16.00-16.30	DINNER	DINNER	TRAINING GROUP 1	DINNER		16.00-16.30
16.30-17.00	DINNER	DINNER	TRAINING GROUP 1	DINNER		16.30-17.00
17.00-17.30	DINNER	DINNER	TRAINING GROUP 1	DINNER		17.00-17.30
17.30-18.00			TRAINING GROUP 1	TRAINING GROUP 3		17.30-18.00
18.00-18.30		TRAINING GROUP 2		TRAINING GROUP 3		18.00-18.30
18.30-19.00		TRAINING GROUP 2		TRAINING GROUP 3		18.30-19.00
19.00-19.30	TRAINING GROUP 3	TRAINING GROUP 2	CRAZY JUDOKAS	TRAINING GROUP 3		19.00-19.30
19.30-20.00	TRAINING GROUP 3 SUPPER	TRAINING GROUP 2 SUPPER	CRAZY JUDOKAS SUPPER	TRAINING GROUP 2 SUPPER		19.30-20.00
20.00-20.30	TRAINING GROUP 3 SUPPER	TRAINING GROUP 2 SUPPER	CRAZY JUDOKAS SUPPER	TRAINING GROUP 2 SUPPER		20.00-20.30
20.30-21.00	SUPPER	SUPPER	CRAZY JUDOKAS SUPPER	SUPPER		20.30-21.00
21.00-21.30			CRAZY JUDOKAS SUPPER		U16 - U21 PARTY	21.00-21.30
21.30-22.00			CRAZY JUDOKAS SUPPER		U16 - U21 PARTY	21.30-22.00
22.00-23.00	SILENCE	SILENCE	SILENCE	SILENCE		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