

SJR PROGRAM AND GROUPS 2017

| TIME | MONDAY 10.7 | TUESDAY 11.7 | WEDNESDAY 12.7 | THURSDAY 13.7 | FRIDAY 14.7 | 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 BREAKFAST | TRAINING GROUP 3 BREAKFAST | TRAINING GROUP 2 BREAKFAST | 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 | | 09.00-09.30 |
| 09.30-10.00 | ACCOMMODATION | TRAINING GROUP 1 | TRAINING GROUP 1 | TRAINING GROUP 1 | | 09.30-10.00 |
| 10.00-10.30 | TRAINING ALL GROUPS | TRAINING GROUP 1 | TRAINING GROUP 1 | TRAINING GROUP 1 | | 10.00-10.30 |
| 10.30-11.00 | TRAINING ALL GROUPS | | | | TRAINING GROUP 3 | 10.30-11.00 |
| 11.00-11.30 | TRAINING ALL GROUPS | LUNCH | LUNCH | LUNCH | LUNCH | 11.00-11.30 |
| 11.30-12.00 | TRAINING ALL GROUPS | LUNCH | LUNCH | LUNCH | LUNCH | 11.30-12.00 |
| 12.00-12.30 | LUNCH | LUNCH | LUNCH | LUNCH | CLEANING | 12.00-12.30 |
| 12.30-13.00 | LUNCH | | | | CLEANING | 12.30-13.00 |
| 13.00-13.30 | LUNCH | | | | CLEANING | 13.00-13.30 |
| 13.30-14.00 | | BAILA LATINO | JUDO STAMINA | BAILA LATINO | THE END | 13.30-14.00 |
| 14.00-14.30 | JUDO TECHNIQUE | JUDO TECHNIQUE | | JUDO TECHNIQUE | THE END | 14.00-14.30 |
| 14.30-15.00 | JUDO TECHNIQUE | JUDO TECHNIQUE | TRAINING GROUP 1 | JUDO TECHNIQUE | | 14.30-15.00 |
| 15.00-15.30 | | | TRAINING GROUP 1 | | SEE YOU 9. - 13 .7.2018 | 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 | TRAINING GROUP 3 | DINNER | | 16.30-17.00 |
| 17.00-17.30 | DINNER | DINNER | TRAINING GROUP 3 | 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 2 | | TRAINING GROUP 2 | | 19.00-19.30 |
| 19.30-20.00 | TRAINING GROUP 3 | TRAINING GROUP 2 | CRAZY JUDOKAS | TRAINING GROUP 2 | | 19.30-20.00 |
| 20.00-20.30 | TRAINING GROUP 3 SUPPER | TRAINING GROUP 2 SUPPER | CRAZY JUDOKAS | TRAINING GROUP 2 SUPPER | | 20.00-20.30 |
| 20.30-21.00 | SUPPER | SUPPER | CRAZY JUDOKAS | U16 - U21 PARTY | SUPPER | 20.30-21.00 |
| 21.00-21.30 | SUPPER | SUPPER | CRAZY JUDOKAS | U16 - U21 PARTY | 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...

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