










































SYKSY 2020 – KEVÄT 2021

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
17:30 - 18:30 Alkeiskurssi 	17:30 - 18:15 Naperojudo 	17:30 - 18:30 Alkeiskurssi 	17:30 - 18:15 Muksujudo 	08:00 - 09:45 MA - KE - PE  		
18:30 - 19:30 Judo Jumppa  - 	18:00 - 19:30 Jatkokurssi   		18:00 - 19:30 Jatkokurssi   	18:00 - 19:30 BJJ Sovittu vko  - 	14:00 - 16:00 Punntitreeni Vapaavuoro  - 	15:30 - 17:00 Kisatreeni Sovittu vko  - 
18:30 - 20:00 Kilpailijat  - 	17:00 - 20:00 Randori treeni HELSINKI  	18:30 - 20:00 Kilpailijat  - 	17:30 - 19:00 Randori treeni LAHTI  	18:00 - 19:30 Tekniikka LAHTI  - 	14:00 - 16:00 Kuntopiiri Sovittu vko  - 	
	17:45 - 19:30 U13/U15 treeni PAJULAHTI   	18:45 - 19:45 Kuntojudo  - 				17:00 - 18:30 Randori treeni HELSINKI  

Vyön väri kertoo minkä tasoille harjoitus on tarkoitettu esim.  -  (keltaisesta - ruskeaan)