














































# AIKATAULU 2021

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
<b>17:30 - 18:30</b> <b>Alkeiskurssi</b> 	<b>17:30 - 18:15</b> <b>Naperojudo</b> 	<b>17:30 - 18:30</b> <b>Alkeiskurssi</b> 	<b>17:30 - 18:15</b> <b>Muksujudo</b> 	<b>08:00 - 10:00</b> <b>MA TI KE TO PE</b>  	<b>10:00 - 12:00</b> <b>14:00 - 16:00</b> <b>Kilpailijat</b>  - 	
<b>18:30 - 19:30</b> <b>Judo Jumppa</b>  - 	<b>18:00 - 19:30</b> <b>Jatkokurssi</b>   	<b>18:45 - 19:45</b> <b>Kuntojudo</b>  - 	<b>18:00 - 19:30</b> <b>Jatkokurssi</b>   	<b>18:00 - 19:30</b> <b>BJJ</b> <b>Sovittu vko</b>  - 	<b>14:00 - 16:00</b> <b>Punntitreeni</b> <b>Vapaavuoro</b>  - 	<b>14:00 - 17:00</b> <b>Kuntopiiri</b> <b>Sovittu vko</b>  - 
<b>18:30 - 20:30</b> <b>Kilpailijat</b>  - 	<b>17:45 - 19:30</b> <b>U13/U15 treeni</b> <b>PAJULAHTI</b>   	<b>18:30 - 20:30</b> <b>Kilpailijat</b>  - 	<b>17:30 - 19:00</b> <b>Randori treeni</b> <b>LAHTI</b>  	<b>18:30 - 20:30</b> <b>Kilpailijat</b>  - 		
	<b>16:30 - 20:00</b> <b>Randori treeni</b> <b>HELSINKI</b>  	<b>16:30 - 20:00</b> <b>Randori treeni</b> <b>HELSINKI</b>  	<b>16:30 - 20:00</b> <b>Randori treeni</b> <b>HELSINKI</b>  		<b>16:30 - 20:00</b> <b>Randori treeni</b> <b>HELSINKI</b>  	

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