















































SYKSY 2019 – KEVÄT 2020

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

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