



Sichtungslahrgang U17



**JUDOZENTRUM
MÜHLVIERTEL**



Freitag	Samstag	Sonntag
9:30 Eintreffen	8:30 – 10:00 Training 2001 - 2002	8:30 – 10:00 Training 2001 - 2002
10:00-12:00 Training gemeinsam	10:15 – 11:45 Training 2003 - 2004	15:45 – 17:15 Training 2003 - 2004
Mittagessen	Mittagessen	Mittagessen
14:00 – 15:30 Training 2001 - 2002	14:00 – 15:30 Training 2001 - 2002	14:00 – 15:30 Training gemeinsam
15:45 – 17:15 Training 2003 - 2004	15:45 – 17:15 Training 2003 - 2004	Heimreise
18:00 Abendessen	17:30 Abendessen	Ernst Hofer +43 664 / 65 88 052 refoh@gmx.at
19:30 – 21:30 Randori in 3 Gruppen	19:00 – 20:30 Randori in 3 Gruppen	
	21:00 Traineressen	