HARJOITUSVUOROT / TATAMIALUE (1.9.2020 alkaen)

Kuopion Liikunta- ja Kamppailukeskus LIIKE

Maanantai

	L 1	L 2	L 3	L 4	L 5	L 6
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17:00	KARATE 17:00-18:30	JUDO 17:00-18:00	GF 17:00-20:00	JUDO 17:00-18:30	GF 17:00-20:00	
17:30						
18:00		TKD 18:00-21:00				
18:30	JU-JUTSU 18:30-20:00			KARATE 18:30-20:00		KARATE 18:30-20:00
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Tiistai

	L 1	L 2	L 3	L 4	L 5	L 6
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16:00				KARATE 16:00-18:30		KARATE 16:00-18:30
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17:00	JU-JUTSU 17:00-19:30					
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Keskiviikko

	L 1	L 2	L 3	L 4	L 5	L 6
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17:00	TKD 17:00-19:30	JUDO 17:00-20:00		KARATE 17:00-20:00		KARATE 17:00-20:00
17:30			GF 18:30-20:00		GF 18:30-20:00	
18:00						
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19:00	JU-JUTSU 19:30-21:00					
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Torstai

	L 1	L 2	L 3	L 4	L 5	L 6
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15:00	DREAMERS 16:00-17:00					
15:30	JU-JUTSU 17:00-18:00	KARATE 17:00-18:30	GF 16:30-20:30	KARATE 17:00-20:00	GF 16:30-20:30	KARATE 17:00-20:00
16:00						
16:30						
17:00	TKD 18:00-21:00	JUDO 18:30-20:00				
17:30						
18:00						
18:30		JU-JUTSU 20:00-21:30				
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Perjantai

	L 1	L 2	L 3	L 4	L 5	L 6
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15:00			GF 15:30-18:30		GF 15:30-18:30	
15:30		JU-JUTSU 17:00-18:30				
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16:30				TKD 18:00-19:30		TKD 18:00-19:30
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Lauantai

	L 1	L 2	L 3	L 4	L 5	L 6
8:00						
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11:00			GF 11:00-14:00	TKD 11:00-14:00	GF 11:00-14:00	TKD 11:00-14:00
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13:30						
14:00	JUDO 14:00-16:30	JUDO 14:00-16:30		JU-JUTSU 14:00-16:00		
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Sunnuntai

	L 1	L 2	L 3	L 4	L 5	L 6
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10:00				KARATE 10:00-12:00		KARATE 10:00-12:00
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11:30			GF 11:00-14:00		GF 11:00-14:00	
12:00	TKD 12:00-14:00	TKD 12:00-14:00		TKD 12:00-14:00		TKD 12:00-14:00
12:30						
13:00						
13:30						
14:00					JU-JUTSU 14:00-15:00	JU-JUTSU 14:00-15:00
14:30				JU-JUTSU 14:00-16:30		
15:00						
15:30						
16:00						
16:30						
17:00	KARATE 17:00-18:00					
17:30		KARATE 17:00-19:00		KARATE 17:00-19:00		KARATE 17:00-19:00
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