VAKIOVUOROT / TATAMIALUE 6.1.2023

Kuopion Liikunta- ja Kamppailukeskus LIIKE

Maanantai

	L1	L2	L3	L4	L5	L6
8:00						
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17:00		JUDO 17:00-18:00	GF 17:00-20:00	JUDO 17:00-18:30	GF 17:00-20:00	
17:30						
18:00	JU-JUTSU 18:00-19:30	TKD 18:00-21:00		KARATE 18:30-20:00		KARATE 18:30-20:00
18:30						
19:00	JU-JUTSU 19:30-21:00					
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20:30						
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21:30						

Tiistai

	L1	L2	L3	L4	L5	L6
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17:00	JU-JUTSU 17:30-18:30		GF 17:00-20:00	KARATE 17:00-18:30	GF 17:00-20:00	KARATE 17:00-18:30
17:30		JUDO 17:30-20:00				
18:00	KARATE 18:30-20:00			JUDO 18:30-20:00		JUDO 18:30-20:00
18:30						
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Keskiviikko

	L1	L2	L3	L4	L5	L6
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17:00	TKD 17:00-19:30	JUDO 17.00-18.00	GF 15:30-20:00	KARATE 17:00-20:00	GF 15:30-20:00	KARATE 17:00-20:00
17:30		JUDO 18:00-19:00				
18:00						
18:30		JU-JUTSU 19:00-20:30				
19:00						
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21:30						

Torstai

	L1	L2	L3	L4	L5	L6
8:00						
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16:30						
17:00		KARATE 17:00-18:30	GF 16:30-19:00	KARATE 17:00-20:00	GF 16:30-19:00	KARATE 17:00-20:00
17:30	TKD 18:00-21:00	JUDO 18:30-20:00				
18:00			JU-JUTSU 19:00-20.30		JU-JUTSU 19:00-20.30	
18:30						
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Perjantai

	L1	L2	L3	L4	L5	L6
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16:30						
17:00		JU-JUTSU 17:00-18:30	GF 15:30-18:30		GF 15:30-18:30	
17:30						
18:00				TKD 18:00-19:30		TKD 18:00-19:30
18:30						
19:00						
19:30						
20:00						
20:30						
21:00						
21:30						

Lauantai

	L1	L2	L3	L4	L5	L6
8:00						
8:30						
9:00						
9:30						
10:00						
10:30						
11:00			GF 11:00-12:30		GF 11:00-12.30	
11:30				TKD 11:00-14:00		TKD 11:00-14:00
12:00	JUDO 12:00-14:00					
12:30						
13:00						
13:30						
14:00	JUDO 14:00-16:30					
14:30		JUDO 15:00-16:30				
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Sunnuntai

	L1	L2	L3	L4	L5	L6
8:00						
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10:30						
11:00						
11:30						
12:00	TDK 12:00-14:00	TKD 12:00-14:00	GF 12:00-14:00	TKD 12:00-14:00	GF 12:00-14:00	TKD 12:00-14:00
12:30						
13:00			GF 14:00-15:00		GF 14:00-15:00	
13:30				JU-JUTSU 14:30-16:00		
14:00			GF 15:00-16:30			
14:30				JU-JUTSU 16:00-17:00	JU-JUTSU 16:00-17:00	JU-JUTSU 16:00-17:00
15:00						
15:30						
16:00						
16:30						
17:00	KARATE 17:00-19:00	KARATE 17:00-19:00	KARATE 17:00-18:00	KARATE 17:00-19:00	KARATE 17:00-18:00	KARATE 17:00-19:00
17:30			GF 18:00-19:30		GF 18:00-19:30	
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