

Autumn Schedule 27.8 - 21.12.2018

MONDAY	AREA 1	INSTRUCTOR	MONDAY	AREA 2	INSTRUCTOR
17.15-18.15	6-10y general training from 7th kup	Arto, Nicolas	17.15-18.00	4-6y KidsClub	Niko R, Myy, Rufus, Fatima
18.15-19.30	Over 15y sparring, from 8th kup	Jasmin	18.00-19.15	11-14y general training, from 7th kup	litu, Oona
19.30-20.45	Over 12y SHOWteam	Frans, Olli, Christian, Kimmo	19.15-20.30	Over 12y forms (novice competitors)	Triin
18.00-19.00	Varissuo School, 6-12y beginners & advanced	Roosa, Pessi			
TUESDAY	AREA 1	INSTRUCTOR	TUESDAY	AREA 2	INSTRUCTOR
15.00-16.45	6-14y open training, all grades	Roosa	15.00-16.45	6-14y open training, all grades	Roosa
17.00-18.15	11-14y varied training, all grades	Maia, Ploy	17.00-18.15	6-10y varied training, all grades	Roosa, Nella
18.15-19.30	Over 12y general training, from 8th kup	Jarkko	18.15-19.30	Over 12y general training, from 8th kup	Jarkko
WEDNESDAY	AREA 1	INSTRUCTOR	WEDNESDAY	AREA 2	INSTRUCTOR
17.30-18.45	Over 10y tricking and forms, from 8th kup	Kimmo, Ploy	17.30-18.45	6-10y general training, from 7th kup	litu, Nennu
18.45-20.15	Over 15y kick training, from 8th kup	Sanan	19.45-21.00	Diesel training, from 8th kup	Jari
18.30-19.30	Rusko School, 6-12y, beginners & advanced	Sami, Elmer			
THURSDAY	AREA 1	INSTRUCTOR	THURSDAY	AREA 2	INSTRUCTOR
17.00-18.00	6-10y general training, beginners & 8th kup	Krista	16.30-17.30	Competitor group	Roosa
18.00-19.00	11-14y general training, beginners, 8th kup & MIHI 13-14	Krista	19.30-20.45	Over 15y beginners, 8th kup & MIHI 15-19y	Frans
19.15-20.30	Over 15y general training, from 7th kup	David/Jasper			
17.00-18.00	Pallivaha School 6-12y beginners & advanced	Sami, Niko R			
FRIDAY	AREA 1	INSTRUCTOR	FRIDAY	AREA 2	INSTRUCTOR
17.30-18.45	Competitor group	Roosa			
SATURDAY	AREA 1	INSTRUCTOR	SATURDAY	AREA 2	INSTRUCTOR
11.30-13.30	Competitor group	Jarkko	11.30-13.30	Competitor group	Jarkko
SUNDAY	AREA 1	INSTRUCTOR	SUNDAY	AREA 2	INSTRUCTOR
17.30-18.45	6-14y sparring, from 8th kup & youth competitors	litu, Otso	18.00-18.45	Over 12y Kick training HIIT (High Intensity Impact Training) all grades	Niko/Jasper
18.45-19.30	Over 12y balance, all grades	Niko/Jasper	18.45-19.30	Over 12y balance, all grades	Niko/Jasper
14.15-15.15	Haarla School 6-12y advanced	Roosa, Otso			
15.15-16.15	Haarla School 6-12y beginners	Roosa, Otso			

* suitable for beginners

*SHOWteam members chosen by instructors

*competitor group members chosen by Roosa

*trial period until 30.10.

continuation tbc