



	<b>09:00/10:30</b> RANDORI	<b>10:45/12:15</b> RANDORI	<b>16:30/18:00</b> RANDORI	<b>18:15/19:45</b> RANDORI
Monday, <b>10<sup>th</sup> June</b>	<b>WOMEN</b> 3X4' NW, 10' Uchi Komi 6X4' TW	<b>MEN</b> 3X4' NW, 10' Uchi Komi 6X4' TW	<b>WOMEN</b> 6x4'+1'GS TW 15' NW Ippon ch.	<b>MEN</b> 6x4'+1'GS TW 15' NW Ippon ch.
Tuesday, <b>11<sup>th</sup> June</b>	<b>MEN</b> 15' NW Ippon ch. 10' Uchi Komi, 5X4' TW	<b>WOMEN</b> 15' NW Ippon ch. 10' Uchi Komi, 5X4' TW	<b>MEN</b> 7x5' TW	<b>WOMEN</b> 7x5' TW
Wednesday, <b>12<sup>th</sup> June</b>	<b>WOMEN</b> 3X4' NW, 10' Uchi Komi, 7X4' TW	<b>MEN</b> 3X4' NW, 10' Uchi Komi, 7X4' TW	Individual training	Individual training
Thursday, <b>13<sup>th</sup> June</b>	<b>MEN</b> 15' NW ippon ch 10' Uchi Komi , 6X4' TW	<b>WOMEN</b> 15' NW ippon ch 10' Uchi Komi, 6X4' TW	<b>MEN</b> 7x4'+1'gs TW	<b>WOMEN</b> 7x4'+1'gs TW
Friday, <b>14<sup>th</sup> June</b>	<b>WOMEN</b> 3X4' NW 10' Uchi Komi, 7X4' TW	<b>MEN</b> 3X4' NW 10' Uchi Komi, 7X4' TW	Individual training	Individual training
Saturday, <b>15<sup>th</sup> June</b>	<b>MEN</b> 3X4' NW 10' Uchi Komi, 6X4' TW	<b>WOMEN</b> 3X4' NW 10' Uchi Komi, 6X4' TW	<b>17:00/19:00 MEN &amp; WOMEN</b> 6x4'+1'gs TW, 15' NW Ippon ch.	
Sunday, <b>16<sup>th</sup> June</b>	<b>09:00/11:00 MEN &amp; WOMEN</b> 15' NW Ippon ch. 10' Uchi komi , 5X4' TW		Individual training	Individual training
Monday, <b>17<sup>th</sup> June</b>	<b>09:00/11:00 MEN &amp; WOMEN</b> 15' NW Ippon ch., Uchi Komi 10', 5X4' TW		<b>17:00/19:00 MEN &amp; WOMEN</b> 5x5' TW	
Tuesday, <b>18<sup>th</sup> June</b>	<b>09:00/11:00 MEN &amp; WOMEN</b> 15' NW Ippon ch., Uchi Komi 10', 5X4' TW		Individual training	Individual training

➤ **Individual warming-up: 8:45-9:00/10:30-10:45 • 16:15-16:30 / 18:00-18:15**