

PROGRAM Cadets TC U18 - Poreč 2019

	10:30/12:00 WOMEN & MEN	16:30/18:30 WOMEN & MEN
Monday, 10th June	30' Warm up: Gymnaastics and Technics, Randori 6x2' NW, 3x4' TW	30' Warm up: Gymnaastics and Technics, Randori 3x2' NW, 5x4' TW
Tuesday, 11th June	30' Warm up: Gymnaastics and Technics, Randori 3x2' NW, 5x4' TW	30' Warm up: Gymnaastics and Technics, Randori 3x2' NW, 5x4' TW
Wednesday, 12th June	30' Warm up: Gymnaastics and Technics, Randori 3x2' NW, 6x4' TW	Individual training
Thursday, 13th June	30' Warm up: Gymnaastics and Technics, Randori 5x2' NW, 4x4' TW	30' Warm up: Gymnaastics and Technics, Randori 3x2' NW, 5x4' TW
Friday, 14th June	30' Warm up: Gymnaastics and Technics, Randori 3x2' NW, 6x4' TW	Individual training
Saturday, 15th June	30' Warm up: Gymnaastics and Technics, Randori 5x2' NW, 4x4' TW	30' Warm up: Gymnaastics and Technics, Randori 3x2' NW, 5x4' TW
Sunday, 16th June	30' Warm up: Gymnaastics and Technics, Randori 3x2' NW, 6x4' TW	Individual training
Monday, 17th June	30' Warm up: Gymnaastics and Technics, Randori 5x2' NW, 4x4' TW	30' Warm up: Gymnaastics and Technics, Randori 3x2' NW, 4x4' TW
Tuesday, 18th June	30' Warm up: Gymnaastics and Technics, Randori 3x2' NW, 5x4' TW	Individual training