

**Treningsplan**

Elite +15

<b>Dato</b>	<b>Tid</b>	<b>Parti</b>	<b>Sted</b>	<b>Trener</b>	<b>Aktivitet</b>
12.feb	17.45-19.15	Elite +15	Arena	Svein	Judo, Juijitsu, kata
19.feb	17.45-19.15	Elite +15	Arena	Svein	Judo, Juijitsu, kata
05.mar	17.45-19.15	Elite +15	Arena	Svein	Judo, Juijitsu, kata
12.mar	17.45-19.15	Elite +15	Arena	Svein	Judo, Juijitsu, kata
19.mar	17.45-19.15	Elite +15	Arena	Svein	Judo, Juijitsu, kata
26.mar	17.45-19.15	Elite +15	Arena	Svein	Judo, Juijitsu, kata
09.apr	17.45-19.15	Elite +15	Arena	Svein	Judo, Juijitsu, kata
16.apr	17.45-19.15	Elite +15	Arena	Svein	Judo, Juijitsu, kata
23.apr	17.45-19.15	Elite +15	Arena	Svein	Judo, Juijitsu, kata
30.apr	17.45-19.15	Elite +15	Arena	Svein	Judo, Juijitsu, kata
07.apr	17.45-19.15	Elite +15	Arena	Svein	Judo, Juijitsu, kata
21.mai	17.45-19.45	Elite +15	Arena	Svein	Judo, Juijitsu, kata