

Updated Program_V2

Date					
Wednesday, January 7th	08:45 – 10:30 Men MEDIA	11:00 – 12: 45 Women MEDIA	15:15 – 17:30 Men	18:00 – 19:15 Women	
Thursday, January 8th	08:45 – 10:00 Women	10:30 – 12: 45 Men	15:45 – 17:30 Women	18:00 – 19:45 Men	
Friday, January 9th	08:45 – 10:30 Men	11:00 – 12: 45 Women	15:15 – 17:30 Men	18:00 – 19:15 Women	
Saturday, January 10th	08:45 – 10:00 Women	10:30 – 12: 45 Men	15:45 – 17:30 Women	18:00 – 19:45 Men	
Sunday, January 11th	08:45 – 10:30 Men	11:00 – 12: 45 Women	15:15 – 17:30 Men	18:00 – 19:15 Women	
Monday, January 12th	08:45 – 10:00 Women MEDIA	10:30 – 12: 45 Men MEDIA	15:45 – 17:30 Women	18:00 – 19:45 Men	EJU Referees will attend the sessions
Tuesday, January 13th	09:15 – 11:00 Women & Men		16:45 – 18:30 Women & Men		
Wednesday, January 14th	09:15 – 11:00 Women & Men		16:45 – 18:30 Women & Men		
Thursday, January 15th	09:15 – 11:00 Women & Men		16:45 – 18:30 Women & Men		
Friday, January 16th	09:15 – 11:00 Women & Men		16:45 – 18:30 Women & Men		

The indicated times contain only Randori. Warming up and Uchi-komi can be done individually from 30 minutes before the start of each session.