



EJU Olympic Training Centre "Going for Gold"

08. - 17.3.2012 - NYMBURK , CZECH REPUBLIC

Each session: 10' warm-up, 10' uchi-komi

	8.III	9.III	10.III	11.III	12.III	13.III	14.III	15.III	16.III	17.III
	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30 - 11.30	Arrivals	RANDORI	RANDORI	Training by teams	RANDORI	RANDORI	RANDORI	RANDORI	RANDORI	Training by teams Departures
16.30 - 18.30	RANDORI (17:00)	RANDORI	RANDORI	Training by teams	RANDORI	RANDORI	Training by teams	RANDORI	RANDORI	

Central dojo 1000 m2

Free access to all Sports Center facilities: swimming pool, saunas, hot whirlpool, weight training and fitness rooms, grass fields, indoor tennis and basketball, etc.

Petr Lacina
National coach