

# HARJOITUSVUOROT / TATAMIALUE

Kuopion Liikunta- ja Kampailukeskus LIIKE

	Maanantai						Tiistai						Keskiviikko						Torstai						Perjantai					
	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6
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17:00	JUDO	JUDO	GF	TKD	KARATE	KARATE	JUDO	KARATE	GF	KARATE	GF	KARATE	TKD	JU-JUTSU	JUDO	KARATE														
17:30	JUDO	JUDO	GF	TKD	KARATE	KARATE	JUDO	KARATE	GF	KARATE	GF	KARATE	TKD	JU-JUTSU	JUDO	KARATE														
18:00	JUDO	JUDO	GF	TKD	KARATE	KARATE	JUDO	KARATE	GF	KARATE	GF	KARATE	TKD	JU-JUTSU	JUDO	KARATE														
18:30	JUDO	JUDO	GF	TKD	KARATE	KARATE	JUDO	KARATE	GF	KARATE	GF	KARATE	TKD	JU-JUTSU	JUDO	KARATE														
19:00	KARATE	JU-JUTSU	GF	TKD	GF		JU-JUTSU	JUDO	GF	JUDO	GF		TKD	JUDO	GF	KARATE	GF	KARATE	GF											
19:30	KARATE	JU-JUTSU	GF	TKD	GF		JU-JUTSU	JUDO	GF	JUDO	GF		TKD	JUDO	GF	KARATE	GF	KARATE	GF											
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	Lauantai						Sunnuntai					
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11:30	TKD		GF		GF				GF	KARATE	GF	KARATE
12:00	TKD		GF		GF		TKD	TKD	GF	TKD	GF	
12:30	TKD		GF		GF		TKD	TKD	TKD	TKD		
13:00	TKD		GF	JU-JUTSU	GF		TKD	TKD	TKD	TKD		
13:30	TKD		GF	JU-JUTSU	GF		TKD	TKD	TKD	TKD		
14:00	JUDO	JUDO		JU-JUTSU					JU-JUTSU	JU-JUTSU		
14:30	JUDO	JUDO		JU-JUTSU					JU-JUTSU	JU-JUTSU		
15:00	JUDO	JUDO		JU-JUTSU					JU-JUTSU	JU-JUTSU		
15:30	JUDO	JUDO		JU-JUTSU					JU-JUTSU	JU-JUTSU		
16:00	JUDO	JUDO		JU-JUTSU					JU-JUTSU	JU-JUTSU		
16:30	JUDO	JUDO		JU-JUTSU					JU-JUTSU	JU-JUTSU		
17:00							KARATE	KARATE		KARATE		KARATE
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