TRAINING SCHEDULE

SUMMER CLASH 2021

WEEK 1
12.7.-18.7.

	MA	TI	KE	TO	PE	LA	SU
9.00-9.30	WARM-UP	WARM-UP	WARM-UP	WARM-UP	WARM-UP	WARM-UP	
9.45-11.15	KNIFE Dan	KNIFE Dan	KNIFE Dan	KNIFE Dan	KNIFE Dan	KNIFE Dan	
11.30-13.00	TMA Bo	TMA Bo	TMA Bo	TMA Bo	TMA Bo	TMA Bo	
13.00-14.15	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
14.30-15.45	SMALLSWORD Oula	SMALLSWORD Oula	SMALLSWORD Oula	SMALLSWORD Oula	SMALLSWORD Oula	SMALLSWORD Oula	
			WARM-DOWN			WARM-DOWN	
16.00-17.30	SPECIAL	SPECIAL		SPECIAL	SPECIAL		
17.30-18.00	WARM-DOWN	WARM-DOWN		WARM-DOWN	WARM-DOWN		

WEEK 2
19.7.-25.7.

	MA	TI	KE	TO	PE	LA	SU
9.00-9.30	WARM-UP	WARM-UP	WARM-UP	WARM-UP	WARM-UP	WARM-UP	
9.45-11.15	SMALLSWORD Oula	SMALLSWORD Oula	SMALLSWORD Oula	SMALLSWORD Oula	SMALLSWORD Oula	TESTS	
11.30-13.00	KNIFE Dan	KNIFE Dan	KNIFE Dan	KNIFE Dan	KNIFE Dan		
13.00-14.15	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
14.30-15.45	TMA Bo	TMA Bo	TMA Bo	TMA Bo	TMA Bo	TESTS	
16.00-17.30	CHOREO	CHOREO	CHOREO	CHOREO	CHOREO		
17.30-18.00	WARM-DOWN	WARM-DOWN	WARM-DOWN	WARM-DOWN	WARM-DOWN		

CERTIFICATION 3

Coordinating Teacher: Bo Thomas
Teachers: Bo Thomas, Dan Styles and Oula Kitti