# TATAMI, Elotie 2

# Syyskausi 2022

## tatamisali.fi

Alkamisaika: 9:00 Aikaväli: 15 (minuutteina)

| Aika | Ma | | | Ti | | | Ke | | | To | | | Pe | | | La | | | Su | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Sali 1 | Sali 2 | Sali 3 | Sali 1 | Sali 2 | Sali 3 | Sali 1 | Sali 2 | Sali 3 | Sali 1 | Sali 2 | Sali 3 | Sali 1 | Sali 2 | Sali 3 | Sali 1 | Sali 2 | Sali 3 | Sali 1 | Sali 2 | Sali 3 |
| 10:00 | TKD Harmonia 10-11.30 | | | | | | | | | | | | Siivous 9-12 | | | | | | | | |
| 10:15 | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | | | | | | | | |
| 10:45 | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | TKD/karate Teematreeni klo 11-13 noin joka toinen viikko. Tarkista MyClubin kalenterista päivät ja treenin kesto. | | | | | |
| 11:15 | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | | |
| 16:45 | | | | | | | | | | Valmisteluaika | | | | | | | | | | | |
| 17:00 | | Karate Alkeis-ryhmä 17-18 | TKD PT3 17-18 | TKD Pikku Tiikeri -alkeisryhmä 17-18 | | | TKD PT1 17-18 | TKD PT2 17-18 | | TKD Sovellettu 17-18.15 | | Karate Alkeis-ryhmä 17-18 | TKD Pikku Tiikeri -alkeisryhmä 17-18 | | TKD PT4 17-18 | | | | | | |
| 17:15 | | | | | | | | | | | | | | | | | | | | | |
| 17:30 | Karate Aikuiset 17.30-19 | | | | | | | | Karate Aikuiset 17.30-19 | | | | | | | | | | TKD Nuoret ja aikuiset 17.30-19 | | |
| 17:45 | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | | Karate Juniorit 18-19 | TKD PT1 ja PT2 Valkoiset vyöt 18-19 | TKD Nuorten ja aikuisten alkeisryhmä 18-19.15 | | Kunto-karate 18-19.30 | TKD PT4 18-19 | TKD PT3 18-19 | | TKD Tenavat 18.15-19 | Karate Aikuiset 18-19.30 | Karate Juniorit 18-19.30 | TKD Nuorten ja aikuisten alkeisryhmä 18-19.15 | | TKD PT1 ja PT2 Värivyöt 18-19 | | | | | | |
| 18:15 | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | | | | |
| 18:45 | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | TKD Aikuisten jatkoryhmä 19-20.30 | | | | | | TKD Aikuisten jatkoryhmä 19-20.30 | | | | | | | | | | | | Kehonhuolto 19-20.15 | | |
| 19:15 | | | | TKD Nuoret 19.15-20.30 | | | | | | TKD Nuoret 19.15-20.30 | | | | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | | | | | | | | |
| 19:45 | | | | | | | | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | Combat Hapkido 19.30-21 | | | | | | | | | |
| 20:15 | | | | | | | | | | | | | | | | | | | Siivous | | |
| 20:30 | | | | | | | | | | | | | | | | | | | | | |
| 20:45 | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | |