

<u>FRIDAY</u>		<u>SATURDAY</u>		<u>SUNDAY</u>	
18:00-18:30		9:00-10:30		9:00-10:30	
Welcome & Introduction		<u>Main Group</u> Kickboxing	<u>Blackbelt</u> Weapon disarming by Taiyo	<u>Main Group</u> Technical Training	<u>Blackbelt</u> Technical Training
Proceed to next class		PAUSE		PAUSE	
18:30-19:30		11:00-12:30		11:00-12:30	
MMA Intro by Taiyo		<u>Main Group</u> Krav Maga by Taiyo	<u>Blackbelt</u> Beach	<u>Main Group</u> Technical Training	<u>Blackbelt</u> Technical Training
Proceed to next class		PAUSE		PAUSE	
19:45-21:45		13:30-16:30		13:00-15:00	
KARATE by Kancho Flemming Schröder		Scenario Training -- -- -- Kenneth and Team		<u>Main Group</u> Sparring	<u>Blackbelt</u> Sparring / Exercises / More
		PAUSE		Proceed to next class	
Rest of the evening		17:00-18:00		15:00-15:30	
<u>Main Group</u> Enjoy the evening, have fun and relax.	<u>Blackbelt</u> Loooong night of happiness.....	SUMO Contest -- -- -- Knife Fighting Contest by Taiyo		Diplomas – Promotions & Gratitude	
		20:00 - ?? Dinner at Mongolian BBQ Restaurant			