

	Ratho						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	Physical Prep		Physical Prep		Physical Prep		
07:30							
08:00							
08:30							
09:00	Judo 1to1/Small Group		Judo 1to1/Small Group	Staff Meeting	Judo 1to1/Small Group		
09:30							
10:00							
10:30							
11:00	Physical Prep	Judo Tech	Physical Prep	Judo Tech	Physical Prep		
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00		Judo 1to1/Small Group		Judo 1to1/Small Group			
18:30							
19:00		National Randori	TDP Randori	National Randori			
19:30							
20:00							
20:30							
21:00							