

**National Training Centre, EICA - Ratho
2019 Schedule**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
07:00									
07:30									
08:00	Judo Drilling & Randori		Physical Prep		Physical Prep				
08:30									
09:00									
09:30									
10:00	Recovery Meal		Recovery Meal		Recovery Meal				
10:30									
11:00			Recovery & Judo Tech		Newaza Drilling & Randori	Judo Technical & Randori			
11:30									
12:00	Physical Prep								
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 - Technical		Judo - Technical					
18:30									
19:00		National Randori	TDP East Session	National Randori					
19:30									
20:00									
20:30									
21:00									
21:30									
22:00									