

Harjoitusaikataulu VKO 2

|                              | MA 11.1                    |              |     | TI 12.1               |                    |        | KE 13.1 |                                      |                    | TO 14.1 |                 |                       | PE 15.1            |        |       | LA 16.1     |                   |     | SU 17.1                               |                                |  |        |                                     |             |    |
|------------------------------|----------------------------|--------------|-----|-----------------------|--------------------|--------|---------|--------------------------------------|--------------------|---------|-----------------|-----------------------|--------------------|--------|-------|-------------|-------------------|-----|---------------------------------------|--------------------------------|--|--------|-------------------------------------|-------------|----|
| Energia Areena<br>JH1        | 15:15-16:00                | K3/osa K2    | Je  | 16:15-17:00           | KA                 | K1 osa | P       | 15:15-16:00                          | KA                 | K1      | P               | 15:15-16:00           | K2                 |        | P,Eve | 15:15-16:15 | RD                |     | T,Eve                                 | 8:00-8:45                      | K3                                     | Sal    | P,Je/Eve                            |             |    |
|                              | 16:15-17:00                | K2 osa/KA/K1 | Je  | K1 Novisiit, A-silmut |                    |        |         | 16:15-17:15                          | K2                 |         | P,He            | 16:00-17:00           | KA                 | K1 osa | P     | 16:30-17:30 | RF                |     | Eve                                   | 8:45-9:30                      | KA                                     | K1 osa | P                                   |             |    |
|                              | K2 Ryhmäjako valmentajilta |              |     | 17:00-18:00           | RF                 |        | Eve     | 17:15-18:00                          | K4                 | Tim     | P,He            | K1 Novisiit, A-silmut |                    |        |       |             |                   |     | K1 Aluejuniorit                       |                                |  |        |                                     |             |    |
|                              | K-ryhmät askeltunti        |              |     |                       |                    |        |         |                                      | Jal                | RK      | Helmi,R<br>oosa | 17:15-18:00           | RS                 |        | Eve,T |             |                   |     |                                       | 9:45-10:30                     | K1 osa                                 | JX     | P                                   |             |    |
|                              | 17:10-18:00                | LK           |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       | K1 Novisiit, A-silmut          |  |        | LA 16.1 kehitysryhmien kokeilukerta |             |    |
|                              | 18:10-19:00                | LK           | Täh | Je                    |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             | 10:30-11:15       | Tim | Jal                                   | P,He                           | lisätietoa jennika.ristakeus@gmail.com |        |                                     |             |    |
|                              | 18:10-19:00                | SVL          | Sal | Eve                   |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   | Täh | RK                                    | Je,Pauliina/RK:Helmi,Siiri     |  |        |                                     |             |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   | LK  |                                       |                                |  |        |                                     |             |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       | 11:30-12:15                    | K2                                     |        | P,He                                |             |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       | 12:15-13:00                    | T1                                     | K4     | Je,He/P                             |             |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       | 13:15-14:00                    | JT                                     |        | He,Eve,Helmi                        |             |    |
| Seinäjoen<br>Jäähalli<br>JH2 | 16:00-17:00                | RD           |     | T,Eve                 | 15:15-16:00        | K2     |         | P,Je                                 | 15:15-16:30        | RP      |                 | T                     | 15:15-16:00        | K3     |       | Je,He       | 15:15-16:00       | KA  | K1                                    | P                              | 8:00-9:00                              | RP     |                                     | T           |    |
|                              |                            |              |     |                       | 16:00-16:45        | K1 osa | JX      | Je                                   | 16:45-18:00        | RD      |                 | T,Eve                 | 16:15-17:15        | K1 osa | JX    | Je          | 16:15-17:00       | K2  |                                       | P,Je                           | 9:00-10:00                             | RS     |                                     | Eve,Helmi   |    |
|                              | 19:15-20:15                | RP           | RF  | T                     | K1 Aluejuniorit    |        |         |                                      |                    |         |                 |                       | K1 Aluejuniorit    |        |       |             | 17:00-17:45       | K3  | K4                                    | P,Je,He                        | 10:15-11:15                            | RF     |                                     | Eve         |    |
|                              |                            |              |     |                       | 17:00-17:45        | T1     |         | Je,Aliisa                            |                    |         |                 |                       |                    |        |       |             |                   |     |                                       |                                | 11:15-12:00                            | RD     |                                     | T           |    |
|                              |                            |              |     |                       | 17:45-18:30        | K3     | K4      | P,Je,He                              |                    |         |                 |                       | 20:15-21:15        | RP     |       | T           |                   |     |                                       |                                |  |        |                                     |             |    |
|                              |                            |              |     |                       | Tim                |        | Aliisa  |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       |                                |  |        |                                     |             |    |
| Harjoitushalli<br>JH3        |                            |              |     | AIKUISTEN             |                    |        |         | 18:15-19:00                          | RIVERLIGHT         |         | Eve             |                       |                    |        |       |             |                   |     |                                       | AIKUISTEN HARJOITUKSET PERUTTU |  |        |                                     |             |    |
|                              |                            |              |     | HARJOITUKSET PERUTTU  |                    |        |         | Muodostelman tekniikka/harrasteryhmä |                    |         |                 |                       |                    |        |       |             |                   |     | Kuntoluistelu jatkuu alustavasti 24.1 |                                |  |        |                                     |             |    |
| OHEISET                      | 16:15-17:00                | K3           |     | Sa                    | 16:15-17:00        | K2     |         | Sa                                   | 16:15-17:00        | KA      | K1              | Sa                    | 16:15-17:00        | K2     |       | He          | 15:15-16:00       | K2  |                                       | Je                             | 9:00-9:45                              | K3     |                                     | Je          |    |
|                              | K3 Juoksusuora             |              |     |                       | K2 JH2 ylätasanne  |        |         |                                      | KA, K1 Juoksusuora |         |                 |                       | K2 JH2 ylätasanne  |        |       |             | K2 JH2 ylätasanne |     |                                       |                                | K3 Juoksusuora                         |        |                                     |             |    |
|                              | 17:15-18:00                | RD           |     | T                     | 17:00-17:30        | K4     |         | He                                   | 17:00-17:45        | RP      |                 | Tanssi                | 17:30-18:00        | KA     | K1    | Je          | 16:15-16:45       | K3  |                                       | He                             | 11:30-12:00                            | Tim    | Jal                                 | Je,Pauliina |    |
|                              | RD Ulkona                  |              |     |                       | K4 JH2 ylätasanne  |        |         |                                      | Studio de Dance    |         |                 | Valimontie 10         | KA, K1 Juoksusuora |        |       |             | K3 JH2 ylätasanne |     |                                       |                                | Jalokivet, RK Juoksusuora              |        |                                     |             |    |
|                              | 18:15-19:00                | RP           |     | T                     | 17:15-18:00        | KA     | K1      | Sa                                   | 17:45-18:30        | K2      |                 | Tanssi                | 18:15-19:00        | RS     |       | Eve         | 16:30-17:15       | RD  |                                       | T                              |  |        |                                     |             |    |
|                              | RP Ulkona                  |              |     |                       | KA, K1 Juoksusuora |        |         |                                      | Studio de Dance    |         |                 | Valimontie 10         | RS Ulkona          |        |       |             | RD Juoksusuora    |     |                                       |                                | 13:15-14:00                            |        |                                     | T1          | Je |
|                              |                            |              |     |                       | 18:15-19:00        | RF     |         | Eve                                  |                    |         |                 |                       | 19:15-20:00        | RP     |       | T           | 17:30-18:15       | KA  | K1                                    | Tanssi                         | T1 Juoksusuora                         |        |                                     |             |    |
|                              |                            |              |     |                       | RF Ulkona          |        |         |                                      |                    |         |                 |                       | RP Ulkona          |        |       |             | Studio de Dance   |     |                                       | Valimontie 10                  | 13:15-13:45                            |        |                                     | K4          | P  |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       |                                | K4 Juoksusuora                         |        |                                     |             |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             | 18:15-19:00       | RF  |                                       | Tanssi                         |  |        |                                     |             |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             | Studio de Dance   |     |                                       | Valimontie 10                  | 9:15-10:00                             |        |                                     | RP          | T  |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       |                                | RP JH2 ylätasanne                      |        |                                     |             |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       |                                | 10:15-11:00                            | RS     |                                     | T           |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       |                                | RS JH2 ylätasanne                      |        |                                     |             |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       |                                | 11:30-12:00                            | RF     |                                     | Eve         |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       |                                | RF JH2 ylätasanne                      |        |                                     |             |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       |                                | 12:15-13:00                            | RD     |                                     | T           |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       | RD Juoksusuora                 |  |        |                                     |             |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       | PEILISALI EI KÄYTTÖSSÄ         |  |        |                                     |             |    |
|                              |                            |              |     |                       |                    |        |         |                                      |                    |         |                 |                       |                    |        |       |             |                   |     |                                       | JÄÄTAITURIT, EI OHEISIA        |  |        |                                     |             |    |

Seura pidättää oikeuden muutoksiin