**DZIUDO STOVYKLOS PROGRAMA ELEKTRĖNAI U-16 U-18 U-20 U-23**

**2015- 06-15/28**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| TVARKARAŠTIS |  06-15 Pir. |  06-16 Atr. | 06-17 Tre. | 06-18 Ket. | 06-19 Pen. | 06-20 Šeš. |
| MANKŠTA |  | 7:30-8:00 | 7:30-8:00 | 7:30-8:00 | 7:30-8:00 | 7:30-8:00 |
| I-TRENIRUOTĖ | ATVYKIMAS | 11:00-12:30 MTD RAN. 3-NW 5-TW | 11:00-12:30 MTD RAN 2-NW 6-TW |  SAUNA AP |  11;00-13:00 ŽAIDIMAI | 11:00-12:30 MTD RAN 3-NW 5-TW |
| II-TRENIRUOTĖ | 17:00-18:30 MTD RAN. 4-NW 4-TW | 17:00-18:30 MTD RAN. 2-NW 6-TW | 17:00-18:30 MTD RAN 7-TW |  AP | 17:00-18:30 MTD RAN 4-NW 4-TW | 17;00-18:30 MTD RAN 8-TW |
| TVARKARAŠTIS | 06-21 Sek. | 06-22 Pir. | 06-23 Ant. | 06-24 Tre. | 06-25 Ket. | 06-26 Pen. |
| MANKŠTA | 7:30-8;00 | 7:30-8:00 | 7:30-8:00 | 7;30-8:00 | 7:30-8:00 | 7:30-8:00 |
| I-TRENIRUOTĖ | 11:00-13:00 ŽAIDIMAI | 11:00-12:30 MTD RAN. 3-NW 5-TW | 11:00-12:30 MTD RAN. 2-NW 6-TW  | 11;00-12:30 MTD RAN. 4-NW 4-TW |  AP | 11:00-12:30 MTD RAN. 3-NW 5-TW |
| II-TRENIRUOTĖ | AP | 17:00-18:30 MTD RAN. 2-NW 6-TW | 17:00-18:30 MTD RAN. 7-TW |  SAUNA | 17:00-18;30 MTD TATAMIS | 17:00-18:30 MTD RAN. 2-NW 6-TW |
| TVARKARAŠTIS | 06-27 Šeš. | 06-27 Sek. |  |  |  |  |
| MANKŠTA | 7:30-8:00 | 7:30-8:00 |  |  |  |  |
| I-TRENIRUOTĖ | 11:00-12:30 MTD RAN 4-NW 4-TW | IŠVYKIMAS |  |  |  |  |
| II-TRENIRUOTĖ | 17:00-18:30 MTD RAN 7-TW SAUNA |  |  |  |  |  |