

## Timeplan Sommerleir 2018 / Schedule Summer Camp 2018

		Saturday 07.07	Sunday 08.07	Monday 09.07	Tuesday 10.07	Wednesday 11.07	Thursday 12.07
7	.30		<b>Frokost/Breakfast</b> (7.00-9.00)	<b>Frokost/Breakfast</b> (7.00-9.00)	<b>Frokost/Breakfast</b> (7.00-9.00)	<b>Frokost/Breakfast</b> (7.00-9.00)	<b>Frokost/Breakfast</b> (7.00-9.00)
8	.00						
	.30		Ki-practice (8.30-9.15)	with (8.30-9.15)	Bjørn Eirik (8.30-9.15)	Olsen Sensei (8.30-9.15)	
9	.00						
	.30						
10	.00		Aikido BEO (9.30-11.30)	Aikido BEO (9.30-11.30)	Aikido BEO (9.30-11.30)	Aikido BEO (9.30-11.30)	Aikido BEO (9.30-11.30)
	.30		<i>(Junior class 10.00-11.30)</i>	<i>(Junior class 10.00-11.00)</i>			
11	.00	<b>WELCOME!</b> <b>VELKOMMEN!</b>					
	.30						
12	.00			<b>Lunsj/Lunch</b> (12.00-13.30)	<b>Lunsj/Lunch</b> (12.00-13.30)	<b>Lunsj/Lunch</b> (12.00-13.30)	<b>Lunsj/Lunch</b> (12.00-13.30)
	.30						
13	.00	Mattebæring/ Mat carrying (13.00-...)					
	.30						
14	.00						
	.30			Aikido NN (14.30-15.45) <i>(Junior class 15.00-15.45)</i>		Aikido NN (14.00-15.15)	Aikido NN (14.00-16.00)
15	.00		<i>(Junior class 15.30-16.00)</i>				
	.30					Aikido NN (15.30-16.30)	
16	.00	Aikido BEO (15.30-17.00)	Aikido NN (16.00-17.15)	Aikido NN (16.00-17.00) <i>(Junior class 16.00-17.00)</i>	Aikido NN (16.00-17.15)		Mattebæring/ Mat carrying (16.00-...)
	.30					Dan-gradering/ Dan-grading (16.30-...)	
17	.00	Aikido Nakamura Nobuaki Shihan or BEO (17.15-18.30)		Kyu-gradering/ Kyu-grading (17.30-...)			
	.30			Aikido NN (17.30-18.30)		Aikido NN (17.30-18.30)	
18	.00						
	.30						
19	.00	<b>Middag/Dinner</b> (19.00-20.30)	<b>Middag/Dinner</b> (19.00-20.00)	<b>Middag/Dinner</b> (19.00-20.30)	<b>Middag/Dinner</b> (19.00-20.30)	<b>Festmiddag/ Banquet dinner</b> (19.00-21.00)	
	.30						
20	.00						
	.30		NAF-møte/ NAF-meeting (20.15-22.00)				
21	.00					Fest/Party (21.00-...)	
	.30						