



URNIK AIKIDO VADB ZA SEZONO 2014/15

| PONEDELJEK | |
|-------------|------------|
| ura | program |
| | |
| | |
| 16:30-17:30 | pilates |
| 17:30-18:00 | |
| 18:00-19:00 | rekreacija |
| 19:00-20:00 | HIIT |
| 20:00-21:30 | joga |

| TOREK | |
|-------------|----------|
| ura | program |
| | |
| | |
| 16:00-17:00 | |
| 17:00-18:00 | |
| 18:00-19:00 | aikido 3 |
| 19:00-20:00 | aikido 2 |
| 20:00-21:15 | aikido 1 |

| SREDA | |
|-------------|--------------|
| ura | program |
| | |
| 16:00-17:00 | |
| 17:00-18:00 | |
| 17:45-18:45 | isimech-zač |
| 18:45-20:00 | isimech- nad |
| 20:00-21:30 | joga |

| CETRTEK | |
|-------------|----------|
| ura | program |
| | |
| | |
| 16:30-17:30 | pilates |
| 17:30-18:00 | |
| 18:00-19:00 | aikido 3 |
| 19:00-20:00 | aikido 2 |
| 20:00-21:15 | aikido 1 |

| PETEK | |
|-------------|------------|
| ura | program |
| | |
| | |
| | |
| | |
| 17:30-19:00 | krav maga |
| 19:00-20:00 | aikido mix |
| 20:00-21:00 | rekreacija |
| 21:30-22:00 | |