

SUMMER SCHOOL

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45 - 9:00		ERIC HOJO	ERIC HOJO	ERIC HOJO	ERIC HOJO	*	ERIC BOKKEN	ERIC BOKKEN
9:00 - 10:30						*		
10:30 - 12:15		CARLOS 30' groups	CHADI 30' groups	ANDREAS 30' groups	MILAN 30' groups	*	THOMASZ 30' groups	SONJA 30' yoga
12:15 - 15:00						EXCURSION		
15:00 - 16:00					exams	*	exams	
16:00 - 18:00	ERIC * 17:30 - 19:30	SONJA 30' groups	ERIC 30' groups	BREAK	SONJA 30' groups	*	ERIC 30' groups	

7:45 - 9:00 Training at the lake side of the lake of Neuchâtel. In case of bad weather in the dojo

9:00 - 10:30 Breakfast in the dojo

10:30 - 12:15 Training Aikido. In dojo or outside.
30' groups - Aiki-Jo, Aiki-ken, Hojo or aikido (without weapons) in small groups

12:15 - 16:00 Lunch break. Lunch meal at the dojo on suscription, 15.- CHF per day and per person

15:00 - 16:00 Tuesday and Thursday Dan and Kyu exams. May be switched for Wednesday if weather is bad for the excursion.

16:00 - 18:00 Training in dojo (or outside).

BREAK Monday evening grill at the lake of Neuchâtel; in a case of bad weather, party at dojo.

EXCURSION On Wednesday if good weather. To take with you: weapons, swimsuit (*to be confirmed), lunch and lot of water !