

	Thursday	Friday	Saturday	Sunday
07.00				
07.30		07:30 - 08:30	07:30 - 08:30	07:30 - 08:30
08.00		Breakfast	Breakfast	Breakfast
08.30				
09.00		09:00 - 10:15	09:00 - 10:15	9:00 - 11:45
09.30		Training 3	Training 9	Training 14
10.00				DAO grading test
10.30		10:30 - 11:45	10:30 - 11:45	
11.00		Training 4	Training 11	09:00 - 10:30
11.30				Training 15
12.00				
12.30				
13.00		13:00 - 14:00	13:00 - 14:00	13:00 - 14:00
13.30		Lunch	Lunch	Departure
14.00	14:00 - 15:30			
14.30	Arrivals	14:30 - 15:30	14:30 - 15:00 Photosession	
15.00		Training 5	15:00 - 16:30	
15.30		15:30 - 16:30	Training 12	
16.00	16:00 - 17:30	Training 6		
16.30	Training 1			
17.00				
17.30				
18.00	18:00 - 19:00	18:00 - 19:00	18:00 - 19:00	
18.30	Dinner	Dinner	Dinner	
19.00			19:00 - 21:00	
19.30	19:30 - 21:00	19:30 - 21:00	Training 13	
20.00	Training 2	Training 7	Swimming pool	
20.30		DM Kata		
21.00	21:00 - 22:00	21:00 - 22:00	21:00 - 22:00	
21.30	Aftenkaffe/te	Aftenkaffe/te	Aftenkaffe/te	
22.00				