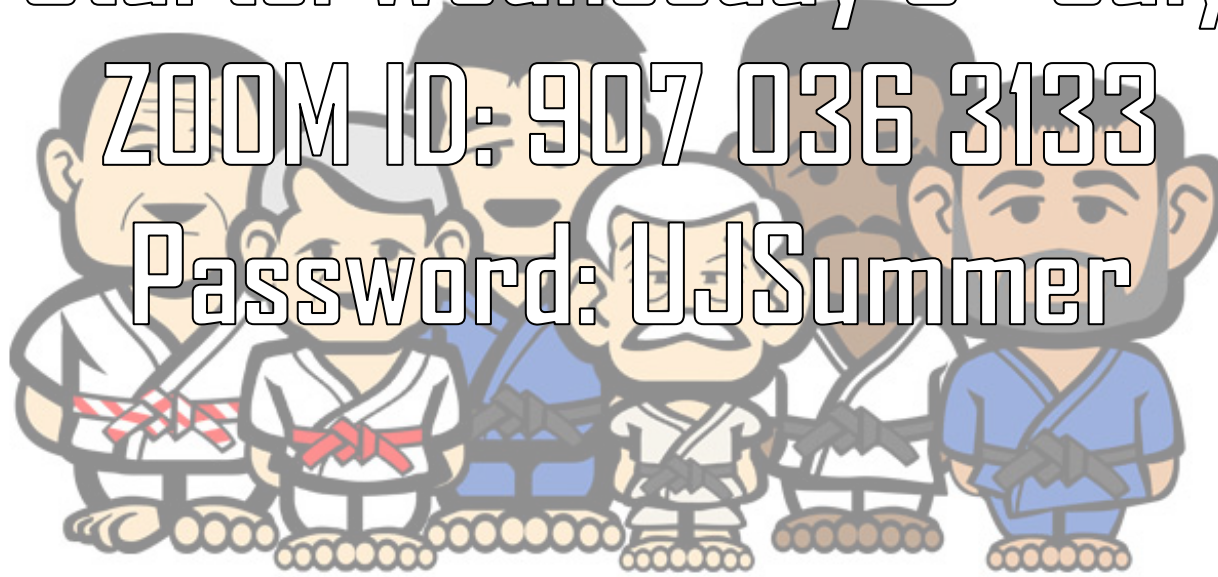


Summer Timetable

Starts: Wednesday 8th July

ZOOM ID: 907 036 3133

Password: UJSummer



Wednesday

Ages 4-8 years - Mixture of technical work and Judo related movements

1700-1730

Ages 9-15 years - Mixture of high intensity work, circuits and technical drills

1745-1830

Seniors (ages 13 years plus)

1900-2000 with the Edinburgh Club. (link will be sent via Facebook group on Tuesday every week. As we are guests, please do not be late)

Saturday

Facebook Live - session for everyone

1000-1030

Seniors session (including Tombo squad) mixture of technical drills and high intensity training.

1100-1145

Adult Judo fit 0 suitable for all the family. A hard, high paced session suitable for the whole family to train together. No experience necessary.

1200-1230