

AIKATAULU ESPORT CROSS TRAINING

2.1.-17.6.2020

CT Sali



maanantai			tiistai			keskiviikko			torstai			perjantai			lauantai			sunnuntai		
7:00	Xtraining 60	GS	7:00	Xtraining 60	KV	7:00	Xtraining 60	RP	7:00	Xtraining 60	GS	7:00	Xtraining 60	RP						
															9:30	Xtraining 90	PK/GS/VV			
						17:30	Xtraining 60	PK	17:00	Xtraining 60	KV	17:00	Xtraining 60	KV						
18:00	Xtraining 60	PK	18:00	Xtraining 60	PK	18:30	Xtraining 60	PK	18:00	Xtraining 60	KV							18:00	Xtraining 90	PK/GS/VV
19:00	Xtraining 60	PK	19:00	Xtraining 60	PK															

Kai Villanen	KV
Pekka Kurvinen	PK
Kimmo Kourunen	KK
Gustav Svanbäck	GS
Riina Pitkänen	RP
Sonja Pekkola	SP
Tim Husa	TH
Ville Vähäkoitti	VV
Essi Nurminen	EN
Riikka Hannula	RH