



### Friday 20/9

18.00-18.45  
 Arrival & registration at dojo  
 19:00-21:00 Aikido all

### Saturday 21/9

09.30-10.30 instructors  
 10.30-12.00 Aikido all  
 Lunch break  
 14.30-16.00 Aikido all  
 Break with free fruit & water  
 16.15-17.30 Aikido all  
 Small break  
 17.45-18.30 Maybe examinations  
 If no exam. the we practice to 17:45  
 Dinnerparty from 18:30-19:00 :)

### Sunday 22/9

10.00-11.00 Instructors  
 11.00-12.30 Aikido all  
 Break with free fruit & water  
 13.30-15.00 Aikido all



Dojo



Supermarket



Restaurant



Gladsaxe Sport Hostel



Small roads for bike or walking