

## OLK ML harjoituslista

viikko: 7

| 10.helmi<br>maanantai             |  | 11.helmi<br>tiistai               |                                      | 12.helmi<br>keskiviikko               |                               | 13.helmi<br>torstai              |                                | 14.helmi<br>perjantai            |                               | 15.helmi<br>lauantai             |                                | 16.helmi<br>sunnuntai          |  |
|-----------------------------------|--|-----------------------------------|--------------------------------------|---------------------------------------|-------------------------------|----------------------------------|--------------------------------|----------------------------------|-------------------------------|----------------------------------|--------------------------------|--------------------------------|--|
| MM vp<br>jää                      | oheinen                                    | jää                               | oheinen                              | RT vp MP vp><br>jää                   | RAK peli<br>oheinen           | P Spring Cup / RT+MM<br>jää      | oheinen                        | NEB+LYB vkdp<br>jää              | oheinen                       | RAK peli<br>jää                  | CMB kutsukisa NK+PM<br>oheinen | MP vp<br>jää                   | oheinen                                |
|                                   |  |                                   |                                      | 6.45-7.45 RAK<br>ML tekniikka / VP+SK |                               |                                  |                                |                                  |                               | 8.00-9.15 HH                     |                                | 7.45-8.45 LM2                  | OH                                     |
|                                   |  |                                   |                                      | 9.15-10.15 LM<br>OSUABik / MP         |                               |                                  |                                |                                  |                               | 9.30-10.15 HH<br>TK              |                                |                                |  |
|                                   |  |                                   |                                      |                                       |                               |                                  |                                |                                  |                               | 10.30-11.15 HH<br>TK             |                                |                                |  |
| 16.00-17.00 KEM<br>NEB / MP+AH+VP | 17.15-18.00 KEM<br>NEB / MP+AH             |                                   |                                      |                                       |                               | 16.00-17.00 KEM<br>NOB / JS+SK   | 17.15-18.00 KEM<br>NOB / JS+SK |                                  |                               | 8.00-9.00 OS<br>NOB / JS+R       | 9.15-10.00 OS<br>NOB / JS+R    |                                |  |
| 16.00-16.50 OS                    |  | 16.15-17.15 LM2<br>ALB / RT+MP+LO | 17.45-18.45 RAK<br>ALB kunto / MP+LO | 16.15-17.00 LM2<br>TA / TP+KK         | 17.15-17.45 LM<br>TA / TP+KK  |                                  |                                |                                  |                               | 9.15-10.00 OS<br>TA / TP+KK      | 10.15-11.15 OS<br>TA / VP+HH   |                                |  |
| 16.50-17.50 OS<br>CMB / JM+NK     | 18.00-19.00 OS<br>CMB / JM+NK              | 17.30-18.15 LM2<br>TK / MM+RT     |                                      | 16.30-17.15 LM2<br>MT / VP+HH         | 17.30-18.00 LM<br>MT / VP+HH  |                                  |                                |                                  |                               | 9.30-10.15 OS<br>MTA / VP+HH     | 10.30-11.30 OS<br>MTA / TP+KK  |                                |  |
| 17.50-18.50 OS<br>AB / TP+MP      | 19.00-20.00 OS<br>AB khiliikkuvuus / NK+MP | 18.15-19.45 LM2<br>SP / RT+MM+MS  |                                      |                                       |                               | 17.45-18.45 RAK<br>LYB / KK+MS   | 19.00-20.30 RAK<br>LYB / KK+MS | 19.45-20.45 RAK                  |                               | 10.30-11.00 OS<br>CMB / JM+NK+PM |                                | 18.30-19.30 LM1<br>NOB / JM+H  | 17.00-18.00 RAK<br>NOB / JM+H          |
| 19.00-20.30 RAK<br>SP / RT+SH+AM  | 17.45-18.45 RAK<br>SP ohjelma / RT         |                                   |                                      | 18.45-19.45 LM2<br>CMB / JM+NK+PM     | 17.30-18.30 LM<br>CMB / JM+PM | 19.00-19.50 OS<br>NEB / AH+HH+VP | 18.00-18.45 OS<br>NEB / AH+VP  | 19.00-20.00 LM1<br>ALB / LO+VP   | 17.00-18.30 UI<br>ALB / LO+VP | 11.15-12.45 OS<br>AB / TP+KK?    | 13.00-14.00 OS<br>AB / TP+KK?  | 18.00-19.00 LM2<br>AB / TP+AM? | 16.30-17.30 RAK<br>fysio 1/2 / JM      |
|                                   |  | 20.15-21.15 RAK<br>AB / MM+TP+NK  | 18.45-20.00 RAK<br>AB kunto / JM+NK  | 19.00-20.00 LM1<br>SP / MM+MS         |                               | 19.50-20.50 OS<br>AB / NK+TP     |                                | 20.15-21.15 LM1<br>TEK / SOK?+VP |                               | 19.50-20.50 KEM<br>ML TEK / VP   |                                | 18.30-20.00 RAK<br>ALB / LO+VP | 17.30-18.15 RAK<br>ALB voikka / MI?+LO |
|                                   |  | 21.30-22.30 RAK<br>CB / MV+AM     | 20.15-21.15 RAK<br>CB / MV+AM        |                                       |                               |                                  |                                |                                  |                               | 20.00-21.00 KEM<br>TEK / SOK     |                                |                                |  |