



Guldstadens Shotokan Karateklubb

Träningskalender HT -19

| Juli 2019 | | Augusti 2019 | | September 2019 | | Oktober 2019 | | November 2019 | | December 2019 | |
|-----------|----|--------------|----|----------------|----|--------------|----|---------------|--------------------|---------------|--------------|
| M 1 | 27 | T 1 | | S 1 | | T 1 | | F 1 | Alla helgons afton | S 1 | |
| T 2 | | F 2 | | M 2 | 36 | O 2 | | L 2 | Alla helgons dag | M 2 | 49 |
| O 3 | | L 3 | | T 3 | | T 3 | | S 3 | | T 3 | |
| T 4 | | S 4 | | O 4 | | F 4 | | M 4 | 45 | O 4 | |
| F 5 | | M 5 | 32 | T 5 | | L 5 | | T 5 | | T 5 | |
| L 6 | | T 6 | | F 6 | | S 6 | | O 6 | | F 6 | |
| S 7 | | O 7 | | L 7 | | M 7 | 41 | T 7 | | L 7 | |
| M 8 | 28 | T 8 | | S 8 | | T 8 | | F 8 | | S 8 | |
| T 9 | | F 9 | | M 9 | 37 | O 9 | | L 9 | | M 9 | 50 |
| O 10 | | L 10 | | T 10 | | T 10 | | S 10 | | T 10 | |
| T 11 | | S 11 | | O 11 | | F 11 | | M 11 | 46 | O 11 | |
| F 12 | | M 12 | 33 | T 12 | | L 12 | | T 12 | | T 12 | |
| L 13 | | T 13 | | F 13 | | S 13 | | O 13 | | F 13 | |
| S 14 | | O 14 | | L 14 | | M 14 | 42 | T 14 | | L 14 | |
| M 15 | 29 | T 15 | | S 15 | | T 15 | | F 15 | | S 15 | |
| T 16 | | F 16 | | M 16 | 38 | O 16 | | L 16 | | M 16 | 51 |
| O 17 | | L 17 | | T 17 | | T 17 | | S 17 | | T 17 | |
| T 18 | | S 18 | | O 18 | | F 18 | | M 18 | 47 | O 18 | |
| F 19 | | M 19 | 34 | T 19 | | L 19 | | T 19 | | T 19 | |
| L 20 | | T 20 | | F 20 | | S 20 | | O 20 | | F 20 | |
| S 21 | | O 21 | | L 21 | | M 21 | 43 | T 21 | | L 21 | |
| M 22 | 30 | T 22 | | S 22 | | T 22 | | F 22 | | S 22 | |
| T 23 | | F 23 | | M 23 | 39 | O 23 | | L 23 | | M 23 | 52 |
| O 24 | | L 24 | | T 24 | | T 24 | | S 24 | | T 24 | Julafton |
| T 25 | | S 25 | | O 25 | | F 25 | | M 25 | 48 | O 25 | Juldagen |
| F 26 | | M 26 | 35 | T 26 | | L 26 | | T 26 | | T 26 | Annandag jul |
| L 27 | | T 27 | | F 27 | | S 27 | | O 27 | | F 27 | |
| S 28 | | O 28 | | L 28 | | M 28 | 44 | T 28 | | L 28 | |
| M 29 | 31 | T 29 | | S 29 | | T 29 | | F 29 | | S 29 | |
| T 30 | | F 30 | | M 30 | 40 | O 30 | | L 30 | | M 30 | 1 |
| O 31 | | L 31 | | | | T 31 | | | | T 31 | Nyårsafton |