



# SUOMEN PAINILIITTO

Finnish Wrestling Federation

## 21.–25.11.2010 Pajulahti

Program:

Day	Time	Happening	Place
Mo 21/11			
	16.00	Wrestling (technique and situations)	Nikula-Hall
	18.00–19.00	Dinner	Restaurant
	20.00–22.00	Sauna	Sauna by the lake!!!
Tu 22/11	7.00	Walking/Running Individual Program	
	8.00-9.30	Breakfast	Restaurant
	10.00	Wrestling (technique and situations)	Nikula-Hall
	12.00–13.30	Lunch	Restaurant
	16.00	Wrestling (matches)	Nikula-Hall
	18.00–19.00	Dinner	Restaurant
	20.00–22.00	Sauna	Sauna by the lake!!! (Sauna 2)
We 23/11	8.00	Breakfast	Restaurant
	10.00	Swimming or Individual Program	Swimming Hall
	11.00-13.30	Lunch	Restaurant
	16.00	Wrestling/Running/Games Individual Program	Ball Hall (main Building) or Sport Hall
	16.30–19.00	Dinner	Restaurant
	20.00–22.00	Sauna	Sauna by the lake!!! (sauna 3)
	20.00	Coach Meeting in Fire Place Room	Sauna by the lake
Thu 24/11	7.00	Walking/Running Individual Program	
	8.00-9.30	Breakfast	Restaurant
	10.00	Wrestling (matches)	Nikula-Hall
	12.00-13.30	Lunch	Restaurant
	16.00	Wrestling (technique and situations)	Nikula-Hall
	18.00-19.30	Dinner	Restaurant
	20.00	Sauna	Sauna by the lake!!! (Sauna 2)
	21.00	Evening Snack	Restaurant
Fr 25/11	7.00	Walking/Running Individual Program	
	8.00-9.30	Breakfast	Restaurant
	10.00	Wrestling/Running/Games Individual Program	Nikula-Hall
	11.00-13.30	Lunch	Restaurant
		Departure to Ilmajoki	From Reception