

シニア 2023 01月 Menu

02/01	03/01	04/01	05/01	06/01	07/01	08/01
B1 / C1 / Core						
		2x30' ergo B2			2x30' ergo B2	

09/01	10/01	11/01	12/01	13/01	14/01	15/01
Cross country ski camp				80' B1	JISS +JOC program	2x30' B2
			Toda C1	JISS program	off	B1 free

16/01	17/01	18/01	19/01	20/01	21/01	22/01
45' B1	100' B1	45' B1	45' B1	110' B1	45' B1	45' B1
C2 x3		2x30' ergo B2	C2 x3		2x30' B2	C2 x4
70' B1		60' B1 + core	80' B1		B1 free	90' B1

23/01	24/01	25/01	26/01	27/01	28/01	29/01
120' B1	45' B1	45' B1	120' B1	off	C2 x3	90' B1
	2x30' ergo B2	C2 x4				
	80' B1	B1 free				

30/01	31/01	01/02	02/02	03/02	04/02	05/02
off	70' B1	2x30' ergo B2	C2 x3	80' B1	2x30' B2	90' B1