

2022 Aikido & Ken Jutsu Seminar – Fiesch

	14.08.2022 Sunday	15.08.2022 Monday	16.08.2022 Tuesday	17.08.2022 Wednesday	18.08.2022 Thursday	19.08.2022 Friday	20.08.2022 Saturday	
7.45 – 8.00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	7.45 – 8.00
8.00 – 8.30								8.00 – 8.30
8.30 – 9.00				Telecabin to Fiescheralp				8.30 – 9.00
9.00 – 9.30		Clean the dojo	Clean the dojo		Clean the dojo	Clean the dojo	Check out	9.00 – 9.30
9.30 – 10.00		Common Training	Common Training	Walk to training	Common Training	Common Training	Departure	9.30 – 10.00
10.00 – 10.30				Common Training Fiescheralp				
10.30 – 11.00								10.30 – 11.00
11.00 – 11.30								11.00 – 11.30
11.30 – 12.00				Group picture				11.30 – 12.00
12.00 – 12.30		Lunch	Lunch	Pique Nique	Lunch	Lunch		12.00 – 12.30
12.30 - 13.00								12.30 - 13.00
13.00 – 13.30				Walk to telecabin				13.00 – 13.30
13.30 – 14.00				Telecabin To Eggishorn ... and return to Fiesch		Preparation		13.30 – 14.00
14.00 – 14.30		Clean the dojo	Clean the dojo			Clean the dojo	Tameshi giri	Group training
14.30 – 15.00								
15.00 – 15.30		Group training	Group training	Sport Resort Swimming pool, minigolf etc. as desired	Group training			15.00 – 15.30
15.30 – 16.00								
16.00 – 16.30	Arrival							16.00 – 16.30
16.30 – 17.00		Free training	Free training				Group picture	16.30 – 17.00
17.00 – 17.30								17.00 – 17.30
17.30 – 18.00								17.30 – 18.00
18.00 – 18.30	Dinner	Dinner	Dinner	Grill party	Dinner	Sayonara		18.00 – 18.30
18.30 – 19.00								
19.00 – 19.30								19.00 – 19.30
19.30 – 20.00	Dojo preparation							19.30 – 20.00
20.00 – 20.30		Visit Fiesch and other free time	Visit Fiesch and other free time		Visit Fiesch and other free time			20.00 – 20.30
20.30 – 21.00								20.30 – 21.00
21.00 – 21.30								21.00 – 21.30
21.30 – 22..00								21.30 – 22..00

Note : Wednesday might be moved to another day depending on wheather conditions