

AIKIDO & HIKING Week from April 19 to 25, 2025 in Le Grand Bornand

	Saturday 19	Sunday 20	Monday 21st	Tuesday 22	Wednesday 23	Thursday 24th	Friday 25
07:00:		7:00 to 9:00	7:00 to 9:00	7:00 to 9:00	7:00 to 9:00	7:00 to 9:00	7:00 to 9:00
07:15:							
07:30:		breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
07:45:							
08:00:							
08:15:							
08:30:					8:45 to 9:45		
08:45:		departure to dojo 8:45 a.m.	departure to dojo 8:45 a.m.	departure to dojo 8:45 a.m.	AIKIDO	departure to dojo 8:45 a.m.	departure to dojo 8:45 a.m.
09:00:		arrival at the dojo at 9 a.m.	arrival at the dojo at 9 a.m.	arrival at the dojo at 9 a.m.	Bonus courses	arrival at the dojo at 9 a.m.	arrival at the dojo at 9 a.m.
09:15:		9:15 to 12:00	9:15 to 12:00	9:15 to 12:00	outside	9:15 to 12:00	9:15 to 12:00
09:30:					if weather ok		
09:45:		AIKIDO	AIKIDO	AIKIDO		AIKIDO	AIKIDO
10:00:		Dojo	Dojo	Dojo		Dojo	Dojo
10:15:							
10:30:					Traditional market		
10:45:					Grand Bornand		
11:00:							
11:15:							
11:30:							
11:45:							
12:00:		departure to hostel 12:15 p.m.	departure to hostel 12:15 p.m.	departure to hostel 12:15 p.m.		departure to hostel 12:15 p.m.	departure to hostel 12:15 p.m.
12:15:							
12:30:		12:30 to 13:45	12:30 to 13:45	12:30 to 13:45	12:30 to 13:45	12:30 to 13:45	12:30 to 13:45
12:45:							
13:00:		lunch	lunch	lunch	lunch	lunch	lunch
13:15:							
13:30:							
13:45:							13:45 to 16:00
14:00:							
14:15:							departures
14:30:		14:30 to 18:00	14:30 to 18:00	14:30 to 18:00		14:30 to 18:00	
14:45:							
15:00:		hiking	hiking	hiking		hiking	
15:15:							
15:30:							
15:45:							
16:00:	16:00 to 19:00						
16:15:							
16:30:	arrivals						
16:45:							
17:00:							
17:15:							
17:30:					17:15 to 18:45		
17:45:					AIKIDO		
18:00:					Bonus courses		
18:15:					outside		
18:30:					if weather ok		
18:45:							
19:00:	19:00 to 20:30	19:00 to 20:30	19:00 to 20:30	19:00 to 20:30	19:00 to 20:30	19:00 to 20:30	
19:15:							
19:30:	dinner	dinner	dinner	dinner	dinner	dinner	
19:45:							
20:00:							
20:15:							
20:30:							