



PLACE: SOLVALLA SPORT INSTITUTE
STREET ADDRESS: NUUKSIONTIE 82. CITY: ESPOO

**COME TO TRAIN IN NATIONAL NATURE PARK!!!
ONLY 45 MINUTES FROM HELSINKI AIRPORT!!!**



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Places are limited!!!

Fri-Sat	08:00-09:00	breakfast
29th-30th	10:00-11:30	all grades, Dirk Heene
	12:00-13:00	lunch
	14:30-16:00	kyu grades, KHF sensei
	16:00-17:30	dan grades, Shihan Heene
	17:30-18:30	dinner
	19:00-21:00	Sauna
Sun 31st	08:00-09:00	breakfast
	12:00	check out