

2018 HP Summer Training Camp Schedule

Friday:

6:30-8:30pm: Judo

Saturday:

6:30-9:30am: Physical Testing (Beep Test, Pushups, Chin-Up, Plank, wall sit, Australian test)

10am-12pm: Judo

2-4pm: Free Time

5-7pm: Judo

Sunday:

7am: Soccer

10am-12pm: Judo

2-4pm: Free Time

5-7pm: Judo

Monday:

8:30-10am: Judo