

		MARTIAL ARTS	JUDO	BOXING
SUNDAY 5TH	2 - 4 PM	Judges' clinic (up to 5 PM), assistants' clinic (up to 4 PM)		
	4 - 6 PM	Free Training for Competitors		
MONDAY 6TH	9:30 - 10 AM	Opening Ceremony		
	10 - 12 AM	Competitors Clinics (<u>Mandatory</u>)		
	1:30-2:45 PM	Pink Power 1 : "break the ice" collective warm-up and training		
	3 - 4:15 PM	Pink Power 1 : working together		
	4:30 - 5:30 PM	Free Training		
TUESDAY 7TH	8 - 9 AM	Welcome		
	9 AM - 1 PM	Forms competitions		
	2:15 - 5:30 PM	Forms competitions		
	4 - 7 PM			Boxing setup, clinic, weigh in
WEDNESDAY 8TH	8 - 9 AM		Welcome & weigh In	
	9 AM - 1 PM		Tachi waza competition	Boxing & MS kick boxing competition
	1 - 2 PM	Team Forms competition		
	2 - 5 PM	Self-defense competitions		Boxing & MS kick boxing competition
THURSDAY 9TH	8 - 9 AM	Welcome & weigh In		
	9 - 12 AM	Sparring competitions	Ne waza competition	Boxing & MS kick boxing competition
	2 - 5 PM	Sparring competitions		
FRIDAY 10TH	9 - 12:30 AM	Pink Power 2 : Multi-style martial arts workshops		Rocky Games Boxing Workshops
	1:30 - 4 PM	Pink Power 2 : Multi-style martial arts workshops		