



Tallinna Kaljuronimisklubi

Treeningud alates 1 septembrist 2015 Kristiine Spordihallis, Forelli 12, Tallinn

Tallinn Climbing Club training sessions in Kristiine Sporthall, Forelli 12, Tallinn from 1 September 2015

| Päev Day | Aeg Time | Instruktorid Climbing instructors | Märkused Remarks |
|-------------|---------------|--|---|
| E. Mon. | 9:00 - 19:00 | Iseseisev ronimine ronijakaardi alusel | <i>unsupervised climbing, access with climbing card</i> |
| | 19:00 - 20:30 | Andrei Popov, tel. 5292959 | Juhendatud treening <i>instructed climbing session</i> |
| | 20:30 - 22:00 | Andrei Popov, tel. 5292959 | Juhendatud treening <i>instructed climbing session</i> |
| T. Tue. | 9:00 - 17:30 | Iseseisev ronimine ronijakaardi alusel | <i>unsupervised climbing, access with climbing card</i> |
| | 17:30 - 20:30 | Ronimise kursused, töötoad | <i>climbing courses, workshops, etc.</i> |
| | 19:00 - 20:30 | Iseseisev ronimine ronijakaardi alusel | <i>unsupervised climbing, access with climbing card</i> |
| | 20:30 - 22:00 | Igor Lematshko, tel. 5526705 | Juhendatud treening <i>instructed climbing session</i> |
| K. Wed. | 9:00 - 17:30 | Iseseisev ronimine ronijakaardi alusel | <i>unsupervised climbing, access with climbing card</i> |
| | 17:30 - 20:30 | Ronimise kursused, töötoad | <i>climbing courses, workshops, etc.</i> |
| | 20:30 - 22:00 | Iseseisev ronimine ronijakaardi alusel | <i>unsupervised climbing, access with climbing card</i> |
| N. Thu. | 9:00 - 19:00 | Iseseisev ronimine ronijakaardi alusel | <i>unsupervised climbing, access with climbing card</i> |
| | 19:00 - 20:30 | Jana Voronina, tel. 5528542 | Juhendatud treening <i>instructed climbing session</i> |
| | 20:30 - 22:00 | Vladimir Galkin, tel. 56482298 | Juhendatud treening <i>instructed climbing session</i> |
| R. Fri. | 9:00 - 22:00 | Iseseisev ronimine ronijakaardi alusel | <i>unsupervised climbing, access with climbing card</i> |