

**Training Schedule**  
**Weekend with Hany Keshta**  
**June 20-22, 2025**

**1** Friday – June 20, 2025

Time	Group	Training Focus
17:00 – 19:00	All participants	Approach and concentration

**1** Saturday – June 21, 2025

Time	Group	Training Focus
09:00 – 10:15	U14 and younger	Technique and attack preparation
10:30 – 12:00	Older group	
15:00 – 16:15	U14 and younger	Technique and defense
16:30 – 18:00	Older group	

**1** Sunday – June 22, 2025

Time	Group	Training Focus
09:00 – 11:00	All participants	Tactics and free sparring

Venue: Tipsport Arena Banská Bystrica – Hall B

Participant registration: Friday, June 20, 2025 from 16:00 to 16:30