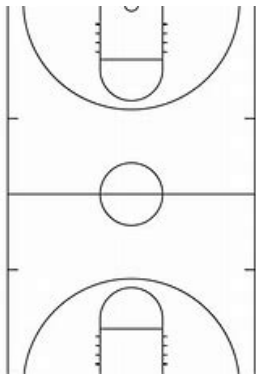


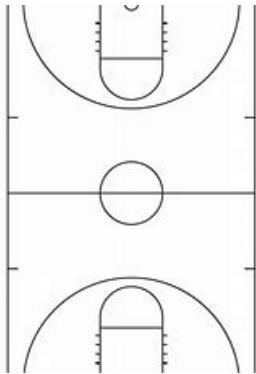


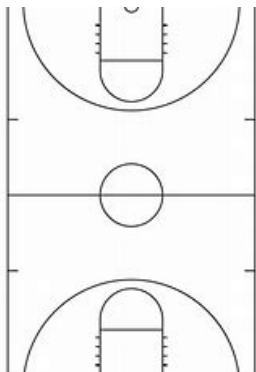
Harjoitussuunnitelmapohja – Äänekosken Huima

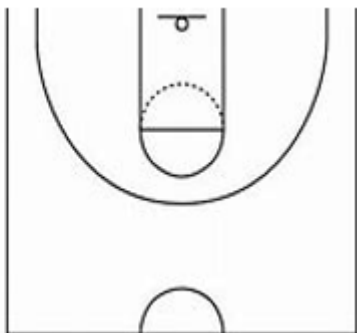
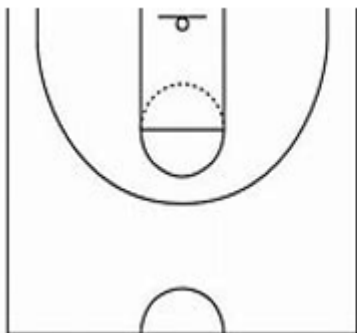


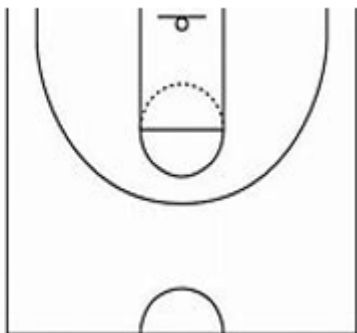
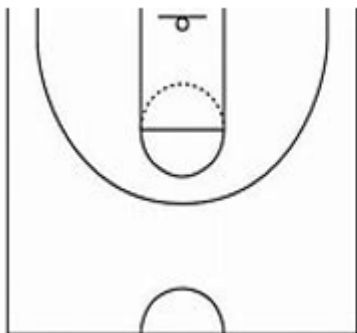
Harjoituspäivämäärä:	
Joukkueet:	
Harjoituksen pääteema:	
Harjoituksen tukevat teemat:	











Benjamin Lax	
Kasper Rytönen	
Joose Räisänen	
Nikita Mudruk	
Niilo Karioja	
Kristoffer Häkkinen	
Nestori Paso	

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