

RUNDOWN TRAINING

PT	2023					2024											
	AGT	SEP	OKT	NOP	DES	JAN	PEB	MART	APR	MEI	JUN	JUL	AGUST	SETP	OKT	NOP	DES
GU IAC	30-4		8-13		17-22		25-1			26-31		7-12		15-20		24-29	
GU PSB		3-8		12-17		21-26			21-26		2-7		11-16		20-25		
GP/GM	9-14	13-18	18-23	22-27		3-8	7-12			1-6	19-24	24-29	28-2		2-7	6-11	11-16
								12 Puasa	10 Idul Fitri		17 Idul Adha						