

Groups	DAY 1 - 29th									Day 2 - 30th									Day 3 - 31st													
	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00	Breakfast	9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00	Breakfast	9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00		
Group 1	Reg.	Fire Drill	Lunch	Pres.	Mental Fitness Rina		S&C Robbie	Dinner	Quiz	8.30-9.15	Games	GK (D1)		Lunch	Sprinting Athletes	Yoga Lucy	GK (D2)		Dinner	Guest Talk		7.30-8.15	Matches			Lunch			Pres. 14.00			
Group 2	Reg.	Fire Drill	Lunch	Pres.			S&C Robbie	Dinner	Quiz	8.30-9.15	Mental Fitness Rina	Yoga Lucy		Lunch	Games			Sprinting Athletes	Dinner	Guest Talk		7.30-8.15	Matches			Lunch			Pres. 14.00			
Group 3		Reg.	Lunch	Pres.	Fire Drill	GK (B1)	S&C Robbie	Dinner	Quiz	7.30-8.15		Yoga Lucy	Mental Fitness Rina	Lunch	GK (B2)	Sprinting Athletes		Games		Dinner	Guest Talk	8.30-9.15		Matches		Lunch			Pres. 14.00			
Group 4		Reg.	Lunch	Pres.	Fire Drill		S&C Robbie	Dinner	Quiz	7.30-8.15	Yoga Lucy	GK (D1)	Games	Sprinting Athletes	Lunch		GK (D2)		Mental Fitness Rina	Dinner	Guest Talk	8.30-9.15		Matches		Lunch			Pres. 14.00			
Group 5		Reg.	Lunch	Pres.	Fire Drill	S&C Robbie	GK (C1)	Dinner	Quiz	8.30-9.15		Sprinting Athletes	Yoga Lucy	Lunch	Games	Mental Fitness Rina		GK (C2)		Dinner	Guest Talk	7.30-8.15		Matches		Lunch			Pres. 14.00			
Group 6		Reg.	Lunch	Pres.	S&C Robbie	GK (A1)		Fire Drill	Dinner	Quiz	7.30-8.15		Sprinting Athletes	Yoga Lucy	Lunch	Games	Mental Fitness Rina		GK (A2)		Dinner	Guest Talk	8.30-9.15			Matches	Lunch			Pres. 15.30		
Group 7		Reg.	Lunch	Pres.	Fire Drill	S&C Robbie	Mental Fitness Rina	Dinner	Quiz	7.30-8.15			Games	Lunch		Sprinting Athletes	Yoga Lucy			Dinner	Guest Talk	8.30-9.15			Matches	Lunch			Pres. 15.30			
Group 8		Reg.	Fire Drill	Lunch	Pres.	S&C Robbie	GK (C1)		Dinner	Quiz	8.30-9.15		Games		Mental Fitness Rina	Yoga Lucy	Lunch			GK (C2)	Sprinting Athletes	Dinner	Guest Talk	7.30-8.15		Matches		Lunch			Pres. 15.30	
Group 9		Reg.	Fire Drill	Lunch	Pres.	GK (A1)	S&C Robbie	Mental Fitness Rina	Dinner	Quiz	8.30-9.15	Sprinting Athletes		Yoga Lucy	Lunch			Games		GK (A2)	Dinner	Guest Talk	7.30-8.15			Matches	Lunch				Pres. 15.30	