

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00-08:30	<p>Welcome. Informative reception. Materials delivery (18:30) Free time Dinner</p>	Get up	Get up	Get up	Get up	Get up	Get up
08:30-09:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00-09:30		Changing room	Changing room		Changing room	Changing room	Changing room
09:30-11:00		Training session 1	Training session 3		Training session 5	Training session 7	<p>Exhibition matches End-of-Camp party 09:30 a 13:00</p>
11:30-13.30		Sports introductory course	Sports introductory course	<p>Trip to Aquopolis Cullera Water Park (Coming back at 18:00)</p>	Sports introductory course	Sports introductory course	
13:30-14:00		Shower	Shower		Shower	Shower	
14:00-15:00		Lunch	Lunch		Lunch	Lunch	
15:00-16:00		Educational talk 1	Educational talk 2		Educational talk 3	Educational talk 4	
16:00-17:00		Free time	Free time		Free time	Free time	
17:00-17.30		Snacks	Snacks		Snacks	Snacks	
18:00-18:30		Changing room	Changing room		Changing room	Changing room	
18:30-20:00		Training session 2	Training session 4		Training session 6	Training session 8	
20:00		Shower	Shower		Shower	Shower	
20:20-21:00		Free time	Free time		Free time	Free time	Free time
21:00-21:45		Dinner	Dinner	Dinner	Dinner	Dinner	
22:00-23:30		Evening activities	Evening activities	Evening activities	Evening activities	Evening activities	
23:30		Light out	Lights out	Lights out	Lights out	Lights out	