

TYPICAL WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	BREAKFAST						DAY OFF Sightseeing and leisure activities
08:00	TECHNICAL & TACTICAL	TECHNICAL & TACTICAL	TECHNICAL & TACTICAL	TECHNICAL & TACTICAL	TECHNICAL & TACTICAL	XSOAR TOURNAMENT	
09:00							
10:00							
11:00							
12:00							
13:00	PHYSICAL & MINDSET	PHYSICAL & MINDSET	PHYSICAL & NUTRITION	PHYSICAL & LIFE SKILLS	TECHNICAL & TACTICAL	XSOAR TOURNAMENT	
14:00							
15:00							
16:00							
17:00							
18:00	DINNER AND ENTERTAINMENT						
19:00	DINNER AND ENTERTAINMENT						
20:00	DINNER AND ENTERTAINMENT						