

TIMETABLE

OVERNIGHT STAY



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30		Wake up and breakfast	Wake up and breakfast	Wake up and breakfast	Wake up and breakfast	Wake up and breakfast	
08:00							Wake up and breakfast
08:30		Orientation					
09:00			Reception	Reception	Reception	Reception	Reception
09:30		Training session 1	Training session 1	Training session 1	Training session 1	Training session 1	Reception
10:00							Football match
10:30		Snack	Snack	Snack	Snack	Snack	
11:00		Pool swimming	Pool swimming	Pool swimming	Pool swimming	Pool swimming	Closing ceremony
11:30							Farewell
12:00		Training session 2	Training session 2	Training session 2	Training session 2	Training session 2	
12:30							Lunch and break
13:00		Lunch and break	Lunch and break	Lunch and break	Lunch and break	Lunch and break	
13:30							
14:00		Talks / Games	Talks / Games	Talks / Games	Talks / Games	Talks / Games	
14:30							Back to Barcelona
15:00	Departure Barcelona - Llívia	Football match	Football match	Football match	Football match	Football match	
15:30							
16:00							
16:30		Shower	Shower	Shower	Shower	Shower	
17:00	Team and room assignments, training kit	Break	Break	Break	Break	Break	
17:30							
18:00		Dinner	Dinner	Dinner	Dinner	Dinner	
18:30							
19:00		Leisure activities	Leisure activities	Leisure activities	Leisure activities	Leisure activities	
19:30							
20:00							
20:30							
21:00							
21:30	Rest						
22:00							

TIMETABLE

PART-TIME



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:30						
09:00	Orientation and training kit	Reception	Reception	Reception	Reception	
09:30						Reception
10:00	Training session 1	Training session 1	Training session 1	Training session 1	Training session 1	Football match
10:30						
11:00	Snack	Snack	Snack	Snack	Snack	
11:30						
12:00	Pool swimming	Pool swimming	Pool swimming	Pool swimming	Pool swimming	Closing ceremony
12:30						Farewell
13:00	Training session 2	Training session 2	Training session 2	Training session 2	Training session 2	
13:30						
14:00	Lunch and break	Lunch and break	Lunch and break	Lunch and break	Lunch and break	
14:30						
15:00						
15:30	Talks / Games	Talks / Games	Talks / Games	Talks / Games	Talks / Games	
16:00						
16:30						
17:00	Football match	Football match	Football match	Football match	Football match	
17:30						
18:00	Back home	Back home	Back home	Back home	Back home	
18:30						