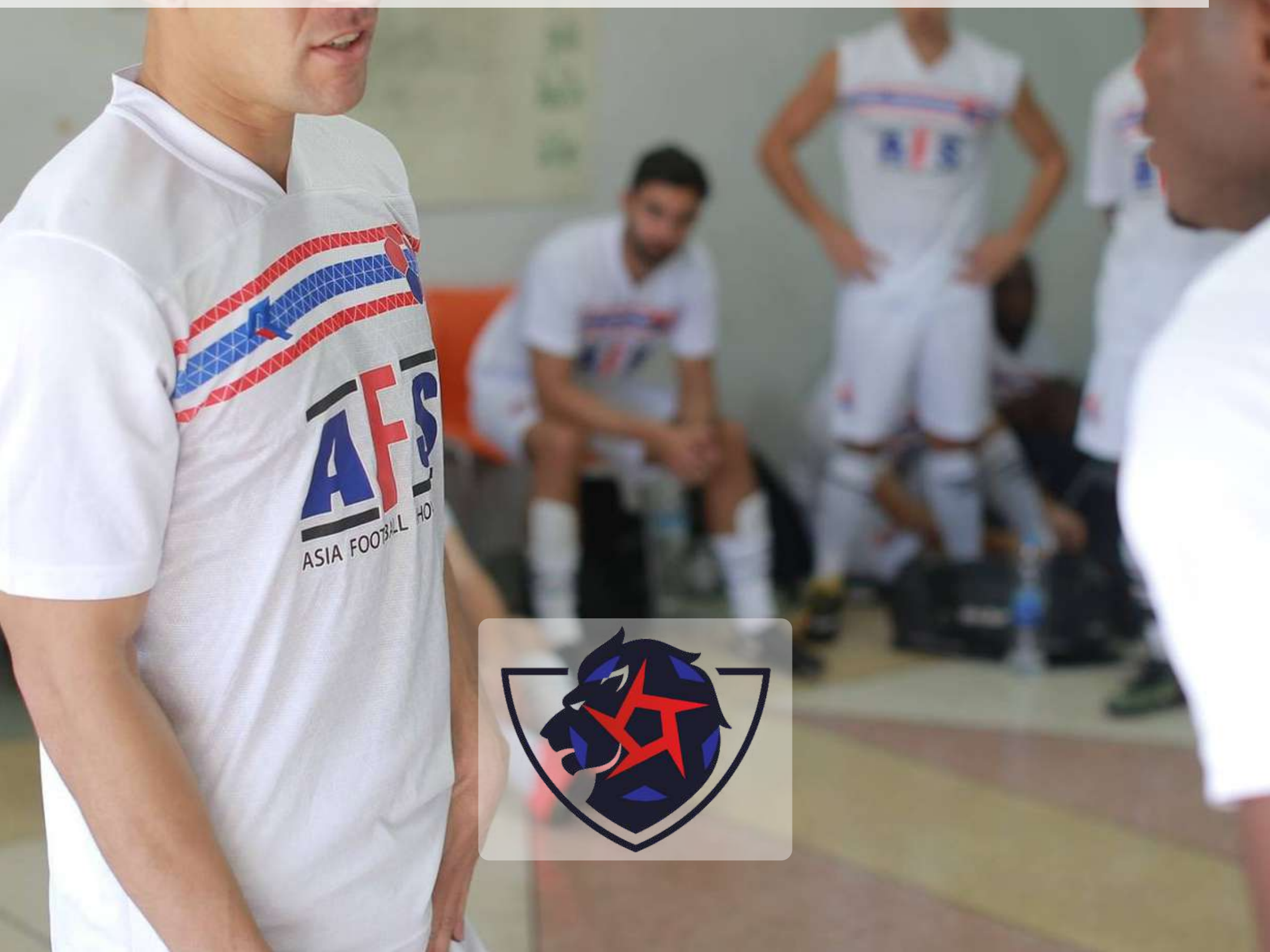


AFS NOV 13 - FEB 12 | 2022/23
PLAYER SCHEDULE | 1 WEEK

SAMPLE



RESIDENTIAL PROGRAM

13 WEEKS

MONDAY

14:00 - 17:00 - CHECK-IN
18:00 - 19:00 - DINNER

TUESDAY

08:00 - 09:00 - BREAKFAST
13:00 - 14:00 - LUNCH
16:00 - 18:00 - TRAINING
19:00 - 20:00 - DINNER

WEDNESDAY

07:00 - 08:00 - BREAKFAST
09:00 - 10:30 - TRAINING (FITNESS)
13:00 - 14:00 - LUNCH
16:00 - 18:00 - INTENSIVE TRAINING
19:00 - 20:00 - DINNER

THURSDAY

08:00 - 09:00 - BREAKFAST
09:30 - 10:30 - SWIMMING
12:00 - 13:30 - LUNCH
16:00 - 18:00 - INTENSIVE TRAINING
18:30 - 19:30 - DINNER



FRIDAY

08:00 - 09:00 - BREAKFAST
10:30 - 12:00 - YOGA BY THE POOL
12:30 - 13:30 - LUNCH
16:30 - 18:00 - TRAINING
19:00 - 20:30 - DINNER

SATURDAY

08:00 - 09:30 - BREAKFAST
09:00 - 10:30 - TRAINING (FITNESS)
12:00 - 13:30 - LUNCH
15:00 - 17:00 - ELECTIVE
18:30 - 19:30 - DINNER

SUNDAY

08:00 - 09:30 - BREAKFAST
09:00 - 10:30 - TRAINING (RUNNING)
12:00 - 13:30 - LUNCH
15:00 - 17:00 - ELECTIVE
18:30 - 19:30 - DINNER

