| 7.00           | 7.45           | 03.July 2017 |
|----------------|----------------|--------------|
| 7.00           | 7.15           |              |
| 7.15<br>7.30   | 7.30           |              |
| 7.30           | 7.45           |              |
| 8.00           | 8.00<br>8.15   |              |
| 8.15           | 8.30           |              |
| 8.30           | 8.45           |              |
| 8.45           | 9.00           |              |
| 9.00           | 9.15           |              |
| 9.15           | 9.30           |              |
| 9.30           | 9.45           |              |
| 9.45           | 10.00          |              |
| 10.00          | 10.15          |              |
| 10.15          | 10.30          |              |
| 10.30          | 10.45          |              |
| 10.45          | 11.00          |              |
| 11.00          | 11.15          |              |
| 11.15          | 11.30          |              |
| 11.30          | 11.45          |              |
| 11.45          | 12.00          |              |
| 12.00          | 12.15          | Α            |
| 12.15          | 12.30          | R R          |
| 12.30          | 12.45          | R            |
| 12.45          | 13.00          | 1            |
| 13.00          | 13.15          | V            |
| 13.15          | 13.30          | A<br>L       |
| 13.30          | 13.45          | _            |
| 13.45          | 14.00          | 0            |
| 14.00          | 14.15          | F            |
| 14.15          | 14.30          | D            |
| 14.30<br>14.45 | 14.45          | E            |
| 15.00          | 15.00<br>15.15 | Ĺ            |
| 15.15          | 15.30          | E            |
| 15.30          | 15.45          | G            |
| 15.45          | 16.00          | A<br>T       |
| 16.00          | 16.15          | i            |
| 16.15          | 16.30          | О            |
| 16.30          | 16.45          | N            |
| 16.45          | 17.00          | S            |
| 17.00          | 17.15          |              |
| 17.15          | 17.30          |              |
| 17.30          | 17.45          |              |
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| 18.15          | 18.30          |              |
| 18.30          | 18.45          |              |
| 18.45          | 19.00          |              |
| 19.00          | 19.15          |              |
| 19.15          | 19.30          |              |
| 19.30          | 19.45          |              |
| 19.45          | 20.00          |              |
| 20.00          | 20.15          |              |
| 20.15          | 20.30          |              |
| 20.30          | 20.45<br>21.00 |              |
| 21.00          | 21.15          |              |
| 21.15          | 21.30          |              |
| 21.30          | 21.45          |              |
| 21.45          | 22.00          |              |
| 21170          | 22.00          |              |

|                |                | 04.July 2017                 |                |
|----------------|----------------|------------------------------|----------------|
| 7.00           | 7.15           |                              |                |
| 7.15           | 7.30           | Wake up                      |                |
| 7.30           | 7.45           |                              |                |
| 7.45           | 8.00           |                              |                |
| 8.00           | 8.15           |                              |                |
| 8.15           | 8.30           | Brea                         | kfast          |
| 8.30           | 8.45           | Breakfast                    |                |
| 8.45           | 9.00           |                              |                |
| 9.00           | 9.15           |                              |                |
| 9.15           | 9.30           |                              | neeting with   |
| 9.30           | 9.45           | coaches/gym                  | nasts (Aula 1) |
| 9.45           | 10.00          |                              |                |
| 10.00          | 10.15          | Warm                         | up RB          |
| 10.15          | 10.30          |                              |                |
| 10.30          | 10.45          |                              | Handstand      |
| 10.45          | 11.00          |                              |                |
| 11.00          | 11.15          |                              |                |
| 11.15<br>11.30 | 11.30          | For a topicion               |                |
|                | 11.45          | Free training<br>with Expert |                |
| 11.45          | 12.00          | with Expert                  |                |
| 12.00<br>12.15 | 12.15<br>12.30 |                              |                |
| 12.15          | 12.45          |                              | O              |
| 12.45          | 13.00          |                              | Stretching     |
| 13.00          | 13.15          |                              | Stretching     |
| 13.15          | 13.30          |                              |                |
| 13.30          | 13.45          | Lunch                        |                |
| 13.45          | 14.00          |                              |                |
| 14.00          | 14.15          |                              |                |
| 14.15          | 14.30          | Free time                    |                |
| 14.30          | 14.45          |                              |                |
| 14.45          | 15.00          |                              |                |
| 15.00          | 15.15          |                              |                |
| 15.15          | 15.30          | Lecture and                  | TRAMPOLIN      |
| 15.30          | 15.45          | practical lecture            |                |
| 15.45          | 16.00          | in the Gym by                |                |
| 16.00          | 16.15          | expert                       |                |
| 16.15          | 16.30          |                              |                |
| 16.30          | 16.45          |                              |                |
| 16.45          | 17.00          | Free                         | time           |
| 17.00          | 17.15          | 1100                         |                |
| 17.15          | 17.30          |                              |                |
| 17.30          | 17.45          |                              |                |
| 17.45          | 18.00          |                              |                |
| 18.00          | 18.15          |                              |                |
| 18.15          | 18.30          | Beach or                     | Free time      |
| 18.30          | 18.45          |                              |                |
| 18.45          | 19.00          |                              |                |
| 19.00          | 19.15          |                              |                |
| 19.15          | 19.30          |                              |                |
| 19.30          | 19.45          |                              |                |
| 19.45          | 20.00          |                              |                |
| 20.00          | 20.15          |                              |                |
| 20.15          | 20.30          | Din                          | iner           |
| 20.30          | 20.45          |                              |                |
| 20.45          | 21.00          |                              |                |
| 21.00          | 21.15<br>21.30 |                              |                |
| 21.30          | 21.45          | Free                         | time           |
| 21.45          | 22.00          |                              |                |
| 21.43          | 22.00          |                              |                |

| 7.00   |       |       | 05 Jul       | v 2017   |
|--|-------|-------|--------------|--|
| 7.15   | 7.00  | 7.45  | 05.July 2017 |  |
| 7.30 7.45 7.45 8.00 8.00 8.15 8.15 8.30 8.31 8.45 8.45 9.00 9.00 9.15 9.15 9.30 9.30 9.45 9.45 10.00 10.00 10.15 10.30 10.45 11.10 11.15 11.30 11.45 11.46 12.00 12.00 12.15 12.15 12.30 13.30 13.45 13.45 14.00 14.15 14.30 14.45 14.45 15.00 15.00 15.15 15.15 15.30 15.45 16.00 15.00 15.15 15.15 15.30 15.45 16.00 15.00 15.15 15.15 15.30 16.30 16.45 16.45 17.00 17.05 17.15 17.15 17.30 17.30 17.45 17.45 18.00 18.00 19.15 19.15 19.30 19.30 19.45 19.45 20.00 19.00 20.15 20.15 20.30 20.30 20.45 20.15 20.30 20.30 20.45 21.15 21.30 21.30 21.45  Free time  Phisical preparation - Legs - Bent arms  Breakfast  Warm up RB  Joint preparation  Free training with Expert  Free training with Expert  Free training with Expert  Lunch  Free time  Lunch  Lunch  Lunch  Lunch  Excurs and practical lecture in the Gym by expert  Expert  Free time  Beach or Free time  |       |       | vvar         | te up  |
| 7.45 8.00 8.15 8.30 8.15 8.30 8.30 8.45 8.45 9.00 9.00 9.15 9.15 9.30 9.30 9.45 9.45 10.00 10.00 10.15 10.15 10.30 10.30 10.45 11.10 11.15 11.30 11.45 12.00 12.00 12.15 12.15 12.30 12.45 13.00 13.30 13.45 13.45 14.00 14.40 14.15 14.15 14.30 14.45 14.45 15.00 15.00 15.15 15.15 15.30 15.45 15.45 16.00 15.00 16.15 16.30 16.45 16.45 17.00 17.00 17.15 17.30 17.45 16.46 18.00 18.00 18.15 18.16 18.30 18.45 18.46 19.00 19.00 19.15 19.15 19.30 19.30 19.45 19.45 20.00 20.00 20.15 20.30 20.45 20.30 20.45 20.30 20.45 20.10 21.15 21.30 21.15 21.30 21.15 21.30 21.15 21.30 21.15 21.30 21.15 21.30 21.45  Free time     Warm up RB   Joint preparation   |       |       |              |  |
| 8.00 8.15 8.15 8.30 8.30 8.45 8.46 9.00 9.00 9.15 9.15 9.30 9.30 9.45 10.00 10.00 10.15 10.15 10.30 10.45 11.00 11.00 11.15 11.15 11.30 11.45 12.00 12.00 12.15 12.30 12.45 13.30 13.45 13.30 13.45 13.45 14.00 14.00 14.15 14.15 14.30 14.30 14.45 15.00 15.15 15.30 15.30 15.45 15.30 15.45 15.30 16.45 16.30 16.45 16.30 16.45 16.30 16.45 17.00 17.15 17.15 17.30 17.30 17.45 17.45 18.00 19.00 19.15 19.15 19.30 19.30 19.45 19.30 19.45 19.30 19.45 19.30 19.45 19.30 19.45 19.30 19.45 19.30 19.45 19.30 19.45 19.30 19.45 19.30 19.45 19.30 19.45 19.30 19.45 19.45 20.00 20.00 20.15 20.30 20.45 20.00 21.15 21.15 21.30 21.30 21.45  Free time   Warm up RB  Warm up RB  Warm up RB  Free training with Expert  Free time  Free time  Free time   Free time    Beach or Free time  Free time   |       |       |              |  |
| 8.15 8.30 8.30 8.45 9.00 9.00 9.15 9.15 9.30 9.30 9.45 10.00 10.00 10.15 10.15 10.30 10.30 10.45 11.10 11.15 11.15 11.30 11.30 11.45 11.45 12.00 12.20 12.15 12.30 12.45 12.30 13.45 13.30 13.45 13.30 13.45 13.30 13.45 14.30 14.45 14.45 15.00 15.50 15.15 15.30 15.45 15.30 15.45 15.30 16.45 16.45 17.00 17.15 17.30 17.30 17.45 17.45 18.00 18.15 18.30 18.30 18.45 18.45 19.00 19.15 19.30 19.30 19.45 19.15 19.30 19.30 19.45 19.15 19.30 19.30 19.45 19.15 19.30 19.30 19.45 19.15 19.30 19.30 19.45 19.45 20.00 20.00 20.15 20.15 20.30 20.30 20.45 20.00 21.15 21.15 21.30 21.30 21.45  Free time  Warm up RB  Joint preparation  Free training with Expert  Free time  Lunch  Free time  Lecture and practical lecture in the Gym by expert  Free time  Beach or Free time  |       |       |              |  |
| 8.30 8.45 8.46 9.00 9.00 9.15 9.15 9.30 9.45 10.00 10.00 10.15 10.30 10.45 11.00 11.15 11.15 11.30 11.45 12.00 12.00 12.15 12.45 13.00 13.00 13.15 13.30 13.45 13.45 14.00 14.00 14.15 14.30 14.45 15.00 15.00 15.15 15.15 15.30 15.45 16.00 15.30 15.45 15.45 16.00 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 17.45 18.00 18.00 18.15 18.30 18.45 19.00 19.00 19.15 19.15 19.30 19.30 19.45 19.45 19.00 19.00 19.15 19.15 19.30 19.30 19.45 19.45 19.00 19.00 19.15 19.15 19.30 19.30 19.45 19.45 19.00 19.00 19.15 19.15 19.30 19.30 19.45 19.45 20.00 20.00 20.15 20.30 20.45 20.30 20.45 20.00 21.15 21.15 21.30 21.30 21.45  Free training with Expert  Free training with Expert  Free training with Expert  Free time   Warm up RB  Joint preparation  Free time   Lecture and practical lecture in the Gym by expert  Free time  Free time   |       |       | Breakfast    |  |
| S.45   9.00   9.15   9.30   9.45   9.45   10.00   10.15   10.30   10.45   11.00   11.15   11.30   11.45   12.00   12.15   12.30   12.45   13.30   13.45   13.30   13.45   13.30   13.45   14.45   15.00   15.15   15.30   15.45   15.50   15.45   16.60   16.15   16.30   16.45   17.00   17.15   17.30   17.45   18.00   18.15   18.30   18.45   19.00   19.15   19.30   19.45   20.30   20.45   20.30   20.45   20.30   20.45   20.30   20.45   20.30   21.15   21.30   21.45   17.45   19.30   19.30   19.45   20.30   20.45   20.30   20.45   20.30   20.45   20.30   21.45   17.65   17.65   21.30   21.45   17.65   17.65   19.30   19.30   19.45   20.30   20.45   20.00   20.15   20.30   20.45   21.30   21.45   17.65   17.65   17.65   19.30   19.45   20.00   20.15   20.30   20.45   21.00   21.15   21.30   21.45   17.65   17.65   17.65   17.65   19.30   19.45   19.45   20.00   20.15   20.30   20.45   21.00   21.15   21.30   21.45   17.65   17.65   17.65   17.65   17.65   19.30   19.45   19.30   19.45   19.30   19.45   19.30   19.45   19.30   21.45   17.65   17.65   17.65   17.65   17.65   17.65   19.30   19.45   19.30   19   |       |       |              |  |
| 9.00 9.15 9.15 9.30 9.30 9.45 10.00 10.00 10.15 10.15 10.30 10.30 10.45 11.00 11.15 11.30 11.45 11.30 11.45 11.45 12.00 12.00 12.15 12.31 13.30 13.45 13.30 13.45 13.45 14.00 14.15 14.30 14.45 15.00 15.15 15.30 15.45 15.00 15.15 15.30 15.45 16.00 15.15 15.30 15.45 16.00 15.15 15.30 15.45 16.00 16.15 16.30 16.35 16.35 16.30 16.45 16.45 17.00 17.00 17.15 17.15 17.30 17.30 17.45 17.45 18.00 18.00 18.15 18.15 18.30 19.45 19.00 19.15 19.10 19.90 19.15 19.30 19.30 19.45 19.45 20.00 20.00 20.15 20.10 21.15 21.10 21.30 21.30 21.45  Free time  Warm up RB  Joint preparation  Free training with Expert  Free time  Lunch  Lunch  Lecture and practical lecture in the Gym by expert  Expert  Free time  Free time  |       |       |              |  |
| 9.15 9.30 9.30 9.45 9.30 9.45 10.00 10.00 10.15 10.15 10.30 10.30 10.45 11.00 11.15 11.30 11.45 11.45 12.00 12.00 12.15 12.30 12.45 13.30 13.45 13.31 13.30 13.45 13.45 14.00 14.00 14.15 14.30 14.45 15.00 15.30 15.45 15.45 16.00 16.00 16.15 16.15 16.30 16.30 16.45 16.30 16.45 17.30 17.45 17.30  |       |       |              |  |
| 9.30 9.45 9.45 10.00 10.00 10.15 10.15 10.30 10.30 10.45 11.00 11.15 11.10 11.15 11.15 11.30 11.30 11.45 11.45 12.00 12.00 12.15 12.31 12.45 13.00 13.15 13.30 13.45 13.45 14.00 14.10 14.15 14.30 14.45 15.00 15.30 15.45 15.30 15.30 15.45 15.30 15.30 15.45 16.00 16.00 16.15 16.30 16.45 17.00 17.15 16.15 16.30 17.45 16.45 17.00 17.15 17.15 17.30 17.45 17.45 18.00 18.00 18.15 18.15 18.30 18.45 18.45 19.00 19.00 19.15 19.10 19.15 19.30 19.30 19.45 19.45 20.00 20.00 20.15 20.30 20.45 20.30 20.45 21.00 21.00 21.15 21.15 21.30 21.30 21.45  Free training with Expert  Free training with Expert  Free time   Lecture and practical lecture in the Gym by expert  Free time   Free time   Free time  |       |       |              | Warm up RB   |
| 9.45 10.00 10.00 10.15 10.10 10.30 10.30 10.45 11.00 11.15 11.10 11.15 11.30 11.45 11.45 12.00 12.00 12.15 12.31 12.30 12.45 12.45 13.00 13.15 13.30 13.45 13.45 14.00 14.00 14.15 14.45 15.00 15.00 15.15 15.30 15.45 16.00 15.45 16.00 16.15 16.30 16.45 16.45 17.00 17.15 17.15 17.30 17.30 17.45 17.45 18.00 18.00 19.15 19.10 19.00 19.00 19.15 19.10 19.00 19.00 19.15 19.15 19.30 19.30 19.45 19.45 20.00 20.00 20.15 20.30 20.45 20.45 21.00 21.00 21.15 21.30 21.45  Free training with Expert  Free time   Lunch  Free time  Free time  Free time   |       |       |              | 1.1.4  |
| 10.00 10.15 10.15 10.30 10.45 11.00 11.00 11.15 11.01 11.15 11.15 11.30 11.30 11.45 11.45 12.00 12.00 12.15 12.15 12.30 12.30 12.45 12.45 13.00 13.00 13.15 13.30 13.45 13.30 13.45 14.40 14.15 14.45 15.00 15.00 15.15 15.15 15.30 15.45 16.00 15.00 15.15 15.15 15.30 16.30 16.45 16.45 17.00 17.00 17.15 17.15 17.30 17.30 17.45 17.45 18.00 18.00 18.15 18.15 18.30 18.45 18.45 19.00 19.00 19.15 19.15 19.30 19.30 19.45 19.45 20.00 20.00 20.15 20.30 20.45 21.00 21.00 21.15 21.30 21.45  Free training with Expert  Free training with Expert  Free training with Expert  Free training with Expert  Free time   |       |       |              |  |
| 10.15 10.30 10.45 11.00 11.15 11.00 11.15 11.15 11.30 11.45 12.00 12.15 12.30 12.45 13.00 13.15 13.30 13.45 13.45 14.00 14.15 14.30 14.45 15.00 15.15 15.30 15.45 16.00 16.15 15.30 16.45 16.45 17.00 17.15 17.30 17.45 18.00 18.15 17.30 17.45 18.30 18.45 18.45 19.00 19.00 19.15 19.30 19.45 19.30 19.45 19.30 19.45 19.30 19.45 20.30 20.45 20.30 20.45 21.30 21.35 Free training with Expert  |       |       |              | preparation  |
| 10.30  |       |       |              |  |
| 10.45 11.00 11.15 11.30 11.45 11.30 11.45 12.00 12.15 12.30 12.45 13.00 13.15 13.30 13.45 13.30 13.45 14.00 14.15 14.30 14.45 15.30 15.15 15.30 15.45 16.00 16.15 16.30 16.45 16.30 16.45 17.30 17.30 17.45 18.30 18.45 18.30 18.45 19.00 19.15 19.30 19.45 19.30 19.45 19.30 19.45 19.30 19.45 19.45 20.30 20.45 20.30 20.45 20.30 20.45 21.30 21.30 21.45 11.50 11.50 11.50 19.30 19.45 21.30 21.45 15.30 19.45 21.30 21.45 19.30 19.45 21.30 21.45 19.30 21.45 19.30 19.45 21.30 21.45  |       |       | Frankraining |  |
| 11.00  |       |       |              |  |
| 11.15  |       |       | with Expert  |  |
| 11.30  |       |       |              |  |
| 11.45  |       |       |              |  |
| 12.00  |       |       |              |  |
| 12.15  |       |       |              |  |
| 12.30  |       |       |              | 21 11  |
| 12.45  |       |       |              | Stretching   |
| 13.00  |       |       | Free         | time   |
| 13.15  |       |       |              |  |
| 13.30 13.45 13.45 14.00 14.00 14.15 14.15 14.15 14.30 14.45 14.45 15.00 15.00 15.15 15.15 15.30 15.45 16.00 16.15 16.15 16.30 16.45 17.00 17.15 17.15 17.30 17.30 17.45 18.00 18.00 18.15 18.30 18.45 19.00 19.00 19.15 19.30 19.30 19.45 19.45 20.00 20.15 20.30 20.45 20.45 21.00 21.00 21.15 21.30 21.45  |       |       | Lunch        |  |
| 13.45  |       |       |              |  |
| 14.00  |       |       |              |  |
| 14.15       14.30       Free time         14.30       14.45       Free time         14.45       15.00       Free time         15.00       15.15       Free time         15.00       15.15       Free time         15.15       15.30       Free time         15.45       16.00       Free time         15.45       16.00       Free time         16.15       16.30       Free time         16.30       16.45       Free time         17.00       17.15       Free time         17.15       17.30       Free time         17.45       18.00       Free time         18.15       18.30       Free time         18.45       19.00       Free time         19.00       19.15       Free time         19.45       20.00       Free time         20.15       20.30       Free time         20.45       21.00       Free time         Free time       Free time  |       |       |              |  |
| 14.30 14.45 15.00 15.00 15.15 15.15 15.15 15.30 15.45 16.00 16.15 16.00 16.15 16.30 16.45 17.00 17.15 17.15 17.30 17.45 18.00 18.00 18.15 18.30 18.45 19.00 19.00 19.15 19.30 19.30 19.45 19.45 20.00 20.15 20.30 20.45 21.00 21.15 21.30 21.45  Free time   |       |       |              |  |
| 14.45  |       |       | Free         | time   |
| 15.00  |       |       |              |  |
| 15.15  |       |       |              | 24   |
| 15.30  |       |       |              |  |
| 15.45 16.00 in the Gym by expert  16.00 16.15  |       |       |              |  |
| 16.00 16.15 expert  16.15 16.30 16.30 16.45 16.45 17.00 17.00 17.15 17.15 17.30 17.30 17.45 18.00 18.15 18.15 18.30 18.45 19.00 19.00 19.15 19.15 19.30 19.45 20.00 20.00 20.15 20.15 20.30 20.30 20.45 21.00 21.15 21.30 21.45  Free time  expert  Ex |       | 15.45 |              |  |
| 16.15  |       |       |              |  |
| 16.30 16.45  16.45 17.00  17.00 17.15  17.15 17.30  17.30 17.45  18.00 18.15  18.15 18.30  18.45 19.00  19.00 19.15  19.15 19.30  19.30 19.45  19.45 20.00  20.00 20.15  20.15 20.30  20.45 21.00  21.00 21.15  21.15 21.30  Free time  Free time  Free time   |       |       | expert       |  |
| 16.45 17.00 17.15 17.00 17.15 17.15 17.30 17.30 17.45 17.45 18.00 18.00 18.15 18.15 18.30 18.45 18.45 19.00 19.00 19.15 19.15 19.30 19.30 19.45 19.45 20.00 20.00 20.15 20.30 20.45 20.45 21.00 21.15 21.30 21.30 21.45  | 16.15 |       |              |  |
| 17.00 17.15  17.15 17.30  17.30 17.45  17.45 18.00  18.00 18.15  18.15 18.30  18.45 19.00  19.00 19.15  19.15 19.30  19.45 20.00  20.00 20.15  20.15 20.30  20.45 21.00  21.15 21.30  21.45  Free time   | 16.30 | 16.45 |              | No. of Contract of |
| 17.00 17.15 17.15 17.30 17.30 17.45 17.45 18.00 18.00 18.15 18.15 18.30 18.45 19.00 19.00 19.15 19.15 19.30 19.45 20.00 20.00 20.15 20.15 20.30 20.45 21.00 21.10 21.15 21.15 21.30 21.45  Free time   |       |       | Free         | time   |
| 17.30 17.45 17.45 18.00 18.00 18.15 18.15 18.30 18.30 18.45 18.45 19.00 19.00 19.15 19.15 19.30 19.45 20.00 20.00 20.15 20.15 20.30 20.45 21.00 21.10 21.15 21.30 21.45  Free time   |       |       |              |  |
| 17.45 18.00 18.00 18.15 18.15 18.30 18.30 18.45 18.45 19.00 19.00 19.15 19.15 19.30 19.45 20.00 20.00 20.15 20.15 20.30 20.45 21.00 21.00 21.15 21.15 21.30 21.45  Free time   | 17.15 |       |              |  |
| 18.00 18.15  18.15 18.30  18.30 18.45  18.45 19.00  19.00 19.15  19.15 19.30  19.45 20.00  20.00 20.15  20.15 20.30  20.45 21.00  21.00 21.15  21.15 21.30  21.30 21.45  Beach or Free time  Beach or Free time  Beach or Free time  Free time   |       |       |              |  |
| 18.15     18.30       18.30     18.45       18.45     19.00       19.00     19.15       19.15     19.30       19.30     19.45       19.45     20.00       20.00     20.15       20.15     20.30       20.30     20.45       21.00     21.15       21.15     21.30       21.30     21.45    Beach or Free time  |       |       |              |  |
| 18.30 18.45  18.45 19.00  19.00 19.15  19.15 19.30  19.45 20.00  20.00 20.15  20.15 20.30  20.30 20.45  21.00 21.15  21.15 21.30  21.30 21.45  Beach or Free time  Beach or Free time  Beach or Free time  Free time   |       |       |              |  |
| 18.30 18.45  18.45 19.00  19.00 19.15  19.15 19.30  19.30 19.45  19.45 20.00  20.00 20.15  20.15 20.30  20.30 20.45  20.45 21.00  21.00 21.15  21.15 21.30  Free time  |       |       | Beach or     | Free time  |
| 19.00 19.15 19.15 19.30 19.30 19.45 19.45 20.00 20.00 20.15 20.15 20.30 20.30 20.45 20.45 21.00 21.00 21.15 21.15 21.30 21.30 21.45  Free time   | 18.30 | 18.45 |              |  |
| 19.15 19.30 19.30 19.45 19.45 20.00 20.00 20.15 20.15 20.30 20.30 20.45 20.45 21.00 21.00 21.15 21.15 21.30 21.30 21.45  Free time   |       |       |              |  |
| 19.30 19.45  19.45 20.00  20.00 20.15  20.15 20.30  20.30 20.45  20.45 21.00  21.00 21.15  21.15 21.30  21.30 21.45  Free time   | 19.00 | 19.15 |              |  |
| 19.45 20.00 20.00 20.15 20.15 20.30 20.30 20.45 20.45 21.00 21.00 21.15 21.15 21.30 21.30 21.45  Free time   |       |       |              |  |
| 20.00     20.15       20.15     20.30       20.30     20.45       20.45     21.00       21.00     21.15       21.15     21.30       21.30     21.45    Pree time   |       | 19.45 |              |  |
| 20.15     20.30       20.30     20.45       20.45     21.00       21.00     21.15       21.15     21.30       21.30     21.45    Free time   | 19.45 | 20.00 |              |  |
| 20.30 20.45  20.45 21.00  21.00 21.15  21.15 21.30  21.30 21.45  Pree time   | 20.00 | 20.15 |              |  |
| 20.30 20.45<br>20.45 21.00<br>21.00 21.15<br>21.15 21.30<br>21.30 21.45 Free time  | 20.15 | 20.30 | Dir          | nner   |
| 21.00 21.15<br>21.15 21.30 Free time<br>21.30 21.45  | 20.30 | 20.45 | Diii         |  |
| 21.15 21.30 Free time 21.30  | 20.45 | 21.00 |              |  |
| 21.30 21.45 Free time  | 21.00 | 21.15 |              |  |
| 21.30 21.45  | 21.15 | 21.30 | Froo         | time   |
| 21.45 22.00  | 21.30 | 21.45 | Free time    |  |
|  | 21.45 | 22.00 |              |  |

|                |                | 06.July 2017                                   |             |
|----------------|----------------|--|-------------|
| 7.00           | 7.15           | Wake up  |             |
| 7.15           | 7.30           | Phisical preparation - Legs -<br>Straight arms |             |
| 7.30           | 7.45           |  |             |
| 7.45           | 8.00           |  |             |
| 8.00           | 8.15           |  |             |
| 8.15           | 8.30           | Brea   | ıkfast      |
| 8.30           | 8.45           | Broaklast                                      |             |
| 8.45           | 9.00           |  |             |
| 9.00           | 9.15           |  | Warm up RB  |
| 9.15           | 9.30           |  | Wann up 112 |
| 9.30           | 9.45           |  | Joint       |
| 9.45           | 10.00          |  | preparation |
| 10.00          | 10.15          |  |             |
| 10.15          | 10.30          |  |             |
| 10.30          | 10.45          | Free training                                  |             |
| 10.45          | 11.00          | with Expert                                    |             |
| 11.00          | 11.15          |  |             |
| 11.15          | 11.30          |  |             |
| 11.30          | 11.45          |  |             |
| 11.45          | 12.00          |  |             |
| 12.00          | 12.15          |  |             |
| 12.15          | 12.30          |  | Stretching  |
| 12.30          | 12.45          | Free   | time        |
| 12.45          | 13.00          |  |             |
| 13.00          | 13.15          |  |             |
| 13.15          | 13.30          | Lui  | nch         |
| 13.30          | 13.45          |  |             |
| 13.45          | 14.00          |  |             |
| 14.00          | 14.15          |  |             |
| 14.15          | 14.30          | Free time                                      |             |
| 14.30          | 14.45          |  |             |
| 14.45          | 15.00          |  |             |
| 15.00          | 15.15          |  |             |
| 15.15          | 15.30          | Lecture and                                    |             |
| 15.30          | 15.45          | practical lecture                              |             |
| 15.45          | 16.00          | in the Gym by<br>expert                        |             |
| 16.00          | 16.15          | САРСТ  |             |
| 16.15          | 16.30          |  |             |
| 16.30          | 16.45          |  |             |
| 16.45          | 17.00          | Free   | time        |
| 17.00          | 17.15          |  |             |
| 17.15          | 17.30<br>17.45 |  |             |
| 17.30          |                |  |             |
| 17.45<br>18.00 | 18.00<br>18.15 |  |             |
| 18.15          | 18.30          |  |             |
| 18.30          | 18.45          | Beach or                                       | Free time   |
| 18.45          | 19.00          |  |             |
| 19.00          | 19.15          |  |             |
| 19.15          | 19.30          |  |             |
| 19.30          | 19.45          |  |             |
| 19.45          | 20.00          |  |             |
| 20.00          | 20.15          |  |             |
| 20.15          | 20.30          |  |             |
| 20.30          | 20.45          | Din  | iner        |
| 20.45          | 21.00          |  |             |
| 21.00          | 21.15          |  |             |
| 21.15          | 21.30          |  |             |
| 21.30          | 21.45          | Free   | time        |
| 21.45          | 22.00          |  |             |
|                |                |  |             |

|                |                | 07.July 2017 |
|----------------|----------------|--------------|
| 7.00           | 7.15           | 07.5dly 2017 |
| 7.15           | 7.30           |              |
| 7.30           | 7.45           |              |
| 7.45           | 8.00           | Wake up      |
| 8.00           | 8.15           |              |
| 8.15           | 8.30           |              |
| 8.30           | 8.45           |              |
| 8.45           | 9.00           |              |
| 9.00           | 9.15           | <i>=</i> ##= |
| 9.15           | 9.30           |              |
| 9.30           | 9.45           |              |
| 9.45           | 10.00          |              |
| 10.00          | 10.15          |              |
| 10.15          | 10.30          | •            |
| 10.30          | 10.45          |              |
| 10.45          | 11.00          |              |
| 11.00          | 11.15          |              |
| 11.15          | 11.30          |              |
| 11.30          | 11.45          |              |
| 11.45<br>12.00 | 12.00<br>12.15 |              |
| 12.15          | 12.13          | F            |
| 12.13          | 12.45          | L            |
| 12.45          | 13.00          | O<br>R       |
| 13.00          | 13.15          | E            |
| 13.15          | 13.30          | N            |
| 13.30          | 13.45          | С            |
| 13.45          | 14.00          | E            |
| 14.00          | 14.15          |              |
| 14.15          | 14.30          | a<br>n       |
| 14.30          | 14.45          | d            |
| 14.45          | 15.00          |              |
| 15.00          | 15.15          | P            |
| 15.15          | 15.30          | l<br>S       |
| 15.30          | 15.45          | S<br>A       |
| 15.45          | 16.00          |              |
| 16.00          | 16.15          |              |
| 16.15          | 16.30          |              |
| 16.30          | 16.45          |              |
| 16.45          | 17.00          |              |
| 17.00          | 17.15          |              |
| 17.15          | 17.30          |              |
| 17.30          | 17.45          |              |
| 17.45<br>18.00 | 18.00<br>18.15 |              |
| 18.15          | 18.30          |              |
| 18.30          | 18.45          |              |
| 18.45          | 19.00          |              |
| 19.00          | 19.15          |              |
| 19.15          | 19.30          |              |
| 19.30          | 19.45          |              |
| 19.45          | 20.00          |              |
| 20.00          | 20.15          |              |
| 20.15          | 20.30          | D:           |
| 20.30          | 20.45          | Dinner       |
| 20.45          | 21.00          |              |
| 21.00          | 21.15          |              |
| 21.15          | 21.30          | Free time    |
| 21.30          | 21.45          | 1 TGG tillie |
| 21.45          | 22.00          |              |

|       |       | OS Iul                    | y 2017             |
|-------|-------|---------------------------|--------------------|
| 7.00  | 7.15  |                           | ve up              |
| 7.15  | 7.13  | vvar                      | io up              |
| 7.13  | 7.45  | Phisical prepara          | tion - Legs - Bent |
|       | 8.00  | arms by                   | Coaches            |
| 7.45  | 5.55  |                           |                    |
| 8.00  | 8.15  |                           |                    |
| 8.15  | 8.30  | Breakfast                 |                    |
| 8.30  | 8.45  |                           |                    |
| 8.45  | 9.00  |                           |                    |
| 9.00  | 9.15  |                           | Warm up RB         |
| 9.15  | 9.30  |                           | rraini ap 112      |
| 9.30  | 9.45  |                           | Elastics           |
| 9.45  | 10.00 |                           | Liastics           |
| 10.00 | 10.15 |                           |                    |
| 10.15 | 10.30 | Free training             |                    |
| 10.30 | 10.45 | with Expert<br>(Questions |                    |
| 10.45 | 11.00 | coaches during            | )                  |
| 11.00 | 11.15 | each rotations)           |                    |
| 11.15 | 11.30 | caon rotations)           | -                  |
| 11.30 | 11.45 |                           | 4                  |
| 11.45 | 12.00 |                           |                    |
| 12.00 | 12.15 |                           | 0                  |
| 12.15 | 12.30 |                           | Stretching         |
| 12.30 | 12.45 |                           |                    |
| 12.45 | 13.00 | Free                      | time               |
| 13.00 | 13.15 |                           |                    |
|       |       |                           |                    |
| 13.15 | 13.30 | Lunch                     |                    |
| 13.30 | 13.45 |                           |                    |
| 13.45 | 14.00 |                           |                    |
| 14.00 | 14.15 | Free time                 |                    |
| 14.15 | 14.30 |                           |                    |
| 14.30 | 14.45 |                           |                    |
| 14.45 | 15.00 |                           |                    |
| 15.00 | 15.15 |                           |                    |
| 15.15 | 15.30 | Lecture and               |                    |
| 15.30 | 15.45 | practical lecture         |                    |
| 15.45 | 16.00 | in the <b>Gym</b> by      |                    |
| 16.00 | 16.15 | expert                    |                    |
| 16.15 | 16.30 |                           |                    |
| 16.30 | 16.45 |                           |                    |
| 16.45 | 17.00 | Free                      | time               |
| 17.00 | 17.15 | FIEE                      | unic               |
| 17.15 | 17.30 |                           |                    |
| 17.30 | 17.45 |                           |                    |
| 17.45 | 18.00 |                           |                    |
| 18.00 | 18.15 |                           |                    |
| 18.15 | 18.30 | Б                         | Francis            |
| 18.30 | 18.45 | Beach or                  | Free time          |
| 18.45 | 19.00 |                           |                    |
| 19.00 | 19.15 |                           |                    |
| 19.15 | 19.30 |                           |                    |
| 19.30 | 19.45 |                           |                    |
| 19.45 | 20.00 |                           |                    |
| 20.00 | 20.15 |                           |                    |
| 20.15 | 20.30 |                           |                    |
| 20.30 | 20.45 | Dir                       | nner               |
|       |       |                           |                    |
| 20.45 | 21.00 |                           |                    |
| 21.00 | 21.15 |                           |                    |
| 21.15 | 21.30 | Free time                 |                    |
| 21.30 | 21.45 |                           |                    |
| 21.45 | 22.00 |                           |                    |

|       |       | 09.July 2017              |                           |
|-------|-------|---------------------------|---------------------------|
| 7.00  | 7.15  | Wak                       | e up                      |
| 7.15  | 7.30  |                           |                           |
| 7.30  | 7.45  | Free                      | time                      |
| 7.45  | 8.00  |                           |                           |
| 8.00  | 8.15  |                           |                           |
| 8.15  | 8.30  | Brea                      | ıkfast                    |
| 8.30  | 8.45  | Biod                      | inidot                    |
| 8.45  | 9.00  |                           |                           |
| 9.00  | 9.15  |                           | Warm up RB                |
| 9.15  | 9.30  |                           | Waiiii up NB              |
| 9.30  | 9.45  |                           | Middle body               |
| 9.45  | 10.00 |                           | Wildale body              |
| 10.00 | 10.15 |                           |                           |
| 10.15 | 10.30 | Free training             |                           |
| 10.30 | 10.45 | with Expert<br>(Questions |                           |
| 10.45 | 11.00 | coaches during            |                           |
| 11.00 | 11.15 | each rotations)           |                           |
| 11.15 | 11.30 | ,                         |                           |
| 11.30 | 11.45 |                           |                           |
| 11.45 | 12.00 |                           |                           |
| 12.00 | 12.15 |                           |                           |
| 12.15 | 12.30 |                           | Stretching                |
| 12.30 | 12.45 | Fron                      | time                      |
| 12.45 | 13.00 | Fiee                      | ume                       |
| 13.00 | 13.15 |                           |                           |
| 13.15 | 13.30 | Lunch                     |                           |
| 13.30 | 13.45 | Lu                        | ncn                       |
| 13.45 | 14.00 |                           |                           |
| 14.00 | 14.15 | Free time                 |                           |
| 14.15 | 14.30 |                           |                           |
| 14.30 | 14.45 |                           |                           |
| 14.45 | 15.00 |                           |                           |
| 15.00 | 15.15 |                           |                           |
| 15.15 | 15.30 | Lecture in the            |                           |
| 15.30 | 15.45 | AULA for                  | Gymnasts free rest/social |
| 15.45 | 16.00 | coaches by                | activity                  |
| 16.00 | 16.15 | expert                    | donvity                   |
| 16.15 | 16.30 |                           |                           |
| 16.30 | 16.45 |                           |                           |
| 16.45 | 17.00 | Eroo                      | time                      |
| 17.00 | 17.15 | Fiee                      | ume                       |
| 17.15 | 17.30 |                           |                           |
| 17.30 | 17.45 |                           |                           |
| 17.45 | 18.00 |                           |                           |
| 18.00 | 18.15 |                           |                           |
| 18.15 | 18.30 | Reach or                  | Free time                 |
| 18.30 | 18.45 | Deach Of                  | i iee uiie                |
| 18.45 | 19.00 |                           |                           |
| 19.00 | 19.15 |                           |                           |
| 19.15 | 19.30 |                           |                           |
| 19.30 | 19.45 |                           |                           |
| 19.45 | 20.00 |                           |                           |
| 20.00 | 20.15 |                           |                           |
| 20.15 | 20.30 | Di-                       | ner                       |
| 20.30 | 20.45 | Dir                       | iner                      |
| 20.45 | 21.00 |                           |                           |
| 21.00 | 21.15 |                           |                           |
| 21.15 | 21.30 | _                         | time a                    |
| 21.30 | 21.45 | Free                      | time                      |
| 21.45 | 22.00 |                           |                           |

|              |              | 40 1   | 2047                   |
|--------------|--------------|--|------------------------|
| 7.00         | 7.45         |  | <b>y 2017</b><br>se up |
| 7.00<br>7.15 | 7.15<br>7.30 | vvar   | re nh                  |
|              |              | Phisical preparation - Legs - Straight arms by Coaches |                        |
| 7.30         | 7.45         |  |                        |
| 7.45         | 8.00         |  |                        |
| 8.00         | 8.15         |  |                        |
| 8.15         | 8.30         | Brea   | kfast                  |
| 8.30         | 8.45         |  |                        |
| 8.45         | 9.00         |  |                        |
| 9.00         | 9.15         |  | Warm up RB             |
| 9.15         | 9.30         |  |                        |
| 9.30         | 9.45         |  | Four station           |
| 9.45         | 10.00        |  |                        |
| 10.00        | 10.15        | Free training  |                        |
| 10.15        | 10.30        | with Expert  |                        |
| 10.30        | 10.45        | (Questions   |                        |
| 10.45        | 11.00        | coaches during   | 24                     |
| 11.00        | 11.15        | each rotations)  |                        |
| 11.15        | 11.30        |  |                        |
| 11.30        | 11.45        |  |                        |
| 11.45        | 12.00        |  | 00                     |
| 12.00        | 12.15        |  |                        |
| 12.15        | 12.30        |  | Stretching             |
| 12.30        | 12.45        | Free   | time                   |
| 12.45        | 13.00        | Free time  |                        |
| 13.00        | 13.15        |  |                        |
| 13.15        | 13.30        | Lunch  |                        |
| 13.30        | 13.45        |  |                        |
| 13.45        | 14.00        |  |                        |
| 14.00        | 14.15        |  |                        |
| 14.15        | 14.30        | Free time  |                        |
| 14.30        | 14.45        |  |                        |
| 14.45        | 15.00        |  |                        |
| 15.00        | 15.15        |  |                        |
| 15.15        | 15.30        | Free training  |                        |
| 15.30        | 15.45        | with Expert  |                        |
| 15.45        | 16.00        | (Questions coaches during                              |                        |
| 16.00        | 16.15        | each rotations)  |                        |
| 16.15        | 16.30        | oudit rotations)                                       |                        |
| 16.30        | 16.45        |  |                        |
| 16.45        | 17.00        | _  | £                      |
| 17.00        | 17.15        | Free   | time                   |
| 17.15        | 17.30        |  |                        |
| 17.30        | 17.45        |  |                        |
| 17.45        | 18.00        |  |                        |
| 18.00        | 18.15        |  |                        |
| 18.15        | 18.30        | _  |                        |
| 18.30        | 18.45        | Beach or   | Free time              |
| 18.45        | 19.00        |  |                        |
| 19.00        | 19.15        |  |                        |
| 19.15        | 19.30        |  |                        |
| 19.30        | 19.45        |  |                        |
| 19.45        | 20.00        |  |                        |
| 20.00        | 20.15        |  |                        |
| 20.15        | 20.30        |  |                        |
| 20.30        | 20.45        | Dir  | iner                   |
| 20.45        | 21.00        |  |                        |
|              |              |  |                        |
| 21.00        | 21.15        |  |                        |
| 21.15        | 21.30        | Free time  |                        |
| 21.30        | 21.45        |  |                        |
| 21.45        | 22.00        |  |                        |

|       |       | 11.July 2017                  |               |
|-------|-------|-------------------------------|---------------|
| 7.00  | 7.15  | Wak                           | e up          |
| 7.15  | 7.30  | Phisical preparation - Legs - |               |
| 7.30  | 7.45  | Straight arms by Coaches      |               |
| 7.45  | 8.00  | Ciraight arms by Codenes      |               |
| 8.00  | 8.15  |                               |               |
| 8.15  | 8.30  | Brea                          | kfast         |
| 8.30  | 8.45  | Breakfast                     |               |
| 8.45  | 9.00  |                               |               |
| 9.00  | 9.15  |                               | Warm up RB    |
| 9.15  | 9.30  |                               | Waiiii up NB  |
| 9.30  | 9.45  |                               | Four station  |
| 9.45  | 10.00 |                               | 1 our station |
| 10.00 | 10.15 |                               |               |
| 10.15 | 10.30 | Free training                 |               |
| 10.30 | 10.45 | with Expert<br>(Questions     |               |
| 10.45 | 11.00 | coaches during                |               |
| 11.00 | 11.15 | each rotations)               |               |
| 11.15 | 11.30 | ŕ                             | )             |
| 11.30 | 11.45 |                               |               |
| 11.45 | 12.00 |                               | 00            |
| 12.00 | 12.15 |                               |               |
| 12.15 | 12.30 |                               | Stretching    |
| 12.30 | 12.45 | Eroo                          | time          |
| 12.45 | 13.00 | FIEE                          | ume           |
| 13.00 | 13.15 |                               |               |
| 13.15 | 13.30 | Lunch                         |               |
| 13.30 | 13.45 | Lui                           | ncn           |
| 13.45 | 14.00 |                               |               |
| 14.00 | 14.15 | Free time                     |               |
| 14.15 | 14.30 |                               |               |
| 14.30 | 14.45 |                               |               |
| 14.45 | 15.00 |                               |               |
| 15.00 | 15.15 |                               |               |
| 15.15 | 15.30 | Free training                 |               |
| 15.30 | 15.45 | with Expert<br>(Questions     |               |
| 15.45 | 16.00 | coaches during                |               |
| 16.00 | 16.15 | each rotations)               |               |
| 16.15 | 16.30 | ,                             |               |
| 16.30 | 16.45 |                               |               |
| 16.45 | 17.00 | Free                          | time          |
| 17.00 | 17.15 | 1100                          | time          |
| 17.15 | 17.30 |                               |               |
| 17.30 | 17.45 |                               |               |
| 17.45 | 18.00 |                               |               |
| 18.00 | 18.15 |                               |               |
| 18.15 | 18.30 | Reach or                      | Free time     |
| 18.30 | 18.45 | Deachion                      | i ice time    |
| 18.45 | 19.00 |                               |               |
| 19.00 | 19.15 |                               |               |
| 19.15 | 19.30 |                               |               |
| 19.30 | 19.45 |                               |               |
| 19.45 | 20.00 |                               |               |
| 20.00 | 20.15 |                               |               |
| 20.15 | 20.30 | Din                           | iner          |
| 20.30 | 20.45 | Dill                          | IIIOI         |
| 20.45 | 21.00 |                               |               |
| 21.00 | 21.15 |                               |               |
| 21.15 | 21.30 | Eroo                          | time          |
| 21.30 | 21.45 | Free time                     | uille         |
| 21.45 | 22.00 |                               |               |

|                |                |                            | y 2017               |
|----------------|----------------|----------------------------|----------------------|
| 7.00           | 7.15           | vvak                       | ke up                |
| 7.15           | 7.30           | F                          | 41                   |
| 7.30           | 7.45           | Free time                  |                      |
| 7.45           | 8.00           |                            |                      |
| 8.00           | 8.15           |                            |                      |
| 8.15           | 8.30           | Brea                       | kfast                |
| 8.30           | 8.45           |                            |                      |
| 8.45           | 9.00           |                            |                      |
| 9.00           | 9.15           |                            | Warm up RB           |
| 9.15           | 9.30           |                            |                      |
| 9.30           | 9.45           |                            | Four station         |
| 9.45           | 10.00          |                            |                      |
| 10.00          | 10.15          | Free training              |                      |
| 10.15<br>10.30 | 10.30<br>10.45 | with Expert                |                      |
| 10.45          |                | (Questions                 |                      |
|                | 11.00          | coaches during             |                      |
| 11.00<br>11.15 | 11.15<br>11.30 | each rotations)            |                      |
| 11.30          | 11.45          |                            |                      |
| 11.45          | 12.00          |                            | Mooting with         |
| 12.00          | 12.15          |                            | Meeting with coaches |
| 12.15          | 12.13          |                            | coaches              |
| 12.30          | 12.45          |                            |                      |
| 12.45          | 13.00          | Free                       | time                 |
| 13.00          | 13.15          |                            |                      |
| 13.15          | 13.30          |                            |                      |
| 13.30          | 13.45          | Lunch                      |                      |
| 13.45          | 14.00          |                            |                      |
| 14.00          | 14.15          |                            |                      |
| 14.15          | 14.30          | Free                       | time                 |
| 14.30          | 14.45          | 1100                       |                      |
| 14.45          | 15.00          | Lecture in the             |                      |
| 15.00          | 15.15          | AULA for                   | Gymnasts free        |
| 15.15          | 15.30          | coaches by                 | rest/social          |
| 15.30          | 15.45          | expert                     | activity             |
| 15.45          | 16.00          |                            |                      |
| 16.00          | 16.15          | experts in the time ( coac | Beach or free        |
| 16.15          | 16.30          |                            | time ( coaches &     |
| 16.30          | 16.45          | AULA                       | gymnast)             |
| 16.45          | 17.00          |                            |                      |
| 17.00          | 17.15          |                            |                      |
| 17.15          | 17.30          | Danah auton d              | /b 0                 |
| 17.30          | 17.45          |                            | me ( coaches & nast) |
| 17.45          | 18.00          | gyiii                      | nuot)                |
| 18.00          | 18.15          |                            |                      |
| 18.15          | 18.30          |                            |                      |
| 18.30          | 18.45          |                            |                      |
| 18.45          | 19.00          |                            |                      |
| 19.00          | 19.15          |                            |                      |
| 19.15          | 19.30          |                            |                      |
| 19.30          | 19.45          |                            |                      |
| 19.45          | 20.00          |                            | Banquet for          |
| 20.00          | 20.15          |                            | gymnasts             |
| 20.15          | 20.30          |                            |                      |
| 20.30          | 20.45          | Banquet for                |                      |
| 20.45          | 21.00          | Expert and                 |                      |
| 21.00          | 21.15          | Coaches                    |                      |
| 21.15          | 21.30          |                            |                      |
| 21.30          | 21.45          |                            |                      |
| 21.45          | 22.00          |                            |                      |
|                |                |                            |                      |

|                |                | 13.July 2017 |
|----------------|----------------|--------------|
| 7.00           | 7.15           | 13.3uly 2017 |
| 7.15           | 7.30           |              |
| 7.30           | 7.45           |              |
| 7.45           | 8.00           |              |
| 8.00           | 8.15           |              |
| 8.15           | 8.30           |              |
| 8.30           | 8.45           |              |
| 8.45           | 9.00           |              |
| 9.00           | 9.15           | <b>(</b>     |
| 9.15           | 9.30           | <b>(*</b> )  |
| 9.30           | 9.45           |              |
| 9.45           | 10.00          |              |
| 10.00          | 10.15          |              |
| 10.15          | 10.30          |              |
| 10.30          | 10.45          |              |
| 10.45          | 11.00          |              |
| 11.00          | 11.15          |              |
|                |                |              |
| 11.15          | 11.30<br>11.45 |              |
| 11.30          | 12.00          | 0            |
| 12.00          | 12.15          | D<br>E       |
| 12.15          | 12.13          | P            |
|                |                | A            |
| 12.30          | 12.45<br>13.00 | R            |
| 12.45          |                | Т            |
| 13.00          | 13.15          | U            |
| 13.15          | 13.30          | R            |
| 13.30          | 13.45          | E<br>S       |
| 13.45          | 14.00          | 0            |
| 14.00          | 14.15          | 0            |
| 14.15          | 14.30          | F            |
| 14.30          | 14.45          | _            |
| 14.45          | 15.00<br>15.15 | D            |
| 15.00<br>15.15 |                | E<br>L       |
| 15.30          | 15.30<br>15.45 | Ē            |
| 15.45          | 16.00          | G            |
| 16.00          | 16.15          | Α            |
| 16.15          | 16.30          | T            |
|                |                | -            |
| 16.30          | 16.45          | O<br>N       |
| 16.45<br>17.00 | 17.00<br>17.15 | S            |
|                | 17.13          | ŭ            |
| 17.15<br>17.30 |                |              |
|                | 17.45          |              |
| 17.45          | 18.00<br>18.15 |              |
| 18.00          |                |              |
| 18.15          | 18.30<br>18.45 |              |
| 18.30          | 19.00          |              |
| 18.45          | 19.15          |              |
| 19.00<br>19.15 | 19.30          |              |
|                | 19.45          |              |
| 19.30          |                |              |
| 19.45          | 20.00          |              |
| 20.00          | 20.15<br>20.30 |              |
|                |                |              |
| 20.30          | 20.45          |              |
| 20.45          | 21.00          |              |
| 21.00          | 21.15          |              |
| 21.15          | 21.30          |              |
| 21.30          | 21.45          |              |
| 21.45          | 22.00          |              |