

03.July 2017	
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21.45	22.00

Wake up

Breakfast

Introduction meeting with coaches/gymnasts (Aula 1)

Warm up RB

Handstand



Free training with Expert

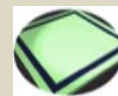
Stretching

Lunch

Free time

TRAMPOLIN

Lecture and practical lecture in the Gym by expert




Free time

Beach or Free time

Dinner

Free time

		05.July 2017			
7.00	7.15	Wake up			
7.15	7.30	Physical preparation - Legs - Bent arms			
7.30	7.45				
7.45	8.00	Breakfast			
8.00	8.15				
8.15	8.30				
8.30	8.45				
8.45	9.00				
9.00	9.15			Free training with Expert	Warm up RB
9.15	9.30				
9.30	9.45	Joint preparation			
9.45	10.00				
10.00	10.15				
10.15	10.30				
10.30	10.45	Stretching			
10.45	11.00	Free time			
11.00	11.15				
11.15	11.30				
11.30	11.45				
11.45	12.00				
12.00	12.15	Lunch			
12.15	12.30				
12.30	12.45				
12.45	13.00				
13.00	13.15				
13.15	13.30	Free time			
13.30	13.45				
13.45	14.00				
14.00	14.15				
14.15	14.30				
14.30	14.45	Lecture and practical lecture in the Gym by expert			
14.45	15.00				
15.00	15.15				
15.15	15.30				
15.30	15.45				
15.45	16.00	Free time			
16.00	16.15				
16.15	16.30				
16.30	16.45				
16.45	17.00				
17.00	17.15	Beach or 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				
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19.15	19.30				
19.30	19.45	Dinner			
19.45	20.00				
20.00	20.15				
20.15	20.30				
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20.45	21.00	Free time			
21.00	21.15				
21.15	21.30				
21.30	21.45				
21.45	22.00				



		06.July 2017			
7.00	7.15	Wake up			
7.15	7.30	Physical preparation - Legs - Straight arms			
7.30	7.45				
7.45	8.00	Breakfast			
8.00	8.15				
8.15	8.30				
8.30	8.45				
8.45	9.00				
9.00	9.15			Free training with Expert	Warm up RB
9.15	9.30				
9.30	9.45	Joint preparation			
9.45	10.00				
10.00	10.15				
10.15	10.30				
10.30	10.45	Stretching			
10.45	11.00	Free time			
11.00	11.15				
11.15	11.30				
11.30	11.45				
11.45	12.00				
12.00	12.15	Lunch			
12.15	12.30				
12.30	12.45				
12.45	13.00				
13.00	13.15				
13.15	13.30	Free time			
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14.15	14.30				
14.30	14.45	Lecture and practical lecture in the Gym by expert			
14.45	15.00				
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15.30	15.45				
15.45	16.00	Free time			
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16.15	16.30				
16.30	16.45				
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17.00	17.15	Beach or Free time			
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19.15	19.30				
19.30	19.45	Dinner			
19.45	20.00				
20.00	20.15				
20.15	20.30				
20.30	20.45				
20.45	21.00	Free time			
21.00	21.15				
21.15	21.30				
21.30	21.45				
21.45	22.00				

07.July 2017

7.00	7.15		
7.15	7.30		
7.30	7.45		
7.45	8.00		Wake up
8.00	8.15		<p style="text-align: center;">F L O R E N C E a n d P I S A</p>
8.15	8.30		
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20.00	20.15	Dinner	
20.15	20.30		
20.30	20.45	Free time	
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21.45	22.00		

08.July 2017					
7.00	7.15	Wake up			
7.15	7.30	Physical preparation - Legs - Bent arms by Coaches			
7.30	7.45				
7.45	8.00				
8.00	8.15				
8.15	8.30	Breakfast			
8.30	8.45				
8.45	9.00	Free training with Expert (Questions coaches during each rotations)			
9.00	9.15			Warm up RB	
9.15	9.30			Elastics	
9.30	9.45				
9.45	10.00				
10.00	10.15				
10.15	10.30			Stretching	
10.30	10.45				
10.45	11.00				
11.00	11.15				
11.15	11.30	Free time			
11.30	11.45				
11.45	12.00				
12.00	12.15				
12.15	12.30	Lunch			
12.30	12.45				
12.45	13.00				
13.00	13.15				
13.15	13.30	Free time			
13.30	13.45				
13.45	14.00	Lecture and practical lecture in the Gym by expert			
14.00	14.15				
14.15	14.30				
14.30	14.45				
14.45	15.00				
15.00	15.15			Free time	
15.15	15.30				
15.30	15.45				
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17.15	17.30	Beach or Free time			
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19.30	19.45			Dinner	
19.45	20.00				
20.00	20.15				
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20.30	20.45	Free time			
20.45	21.00				
21.00	21.15				
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21.45	22.00				

09.July 2017					
7.00	7.15	Wake up			
7.15	7.30	Free time			
7.30	7.45				
7.45	8.00				
8.00	8.15				
8.15	8.30	Breakfast			
8.30	8.45				
8.45	9.00	Free training with Expert (Questions coaches during each rotations)			
9.00	9.15			Warm up RB	
9.15	9.30			Middle body	
9.30	9.45				
9.45	10.00				
10.00	10.15				
10.15	10.30			Stretching	
10.30	10.45				
10.45	11.00				
11.00	11.15				
11.15	11.30	Free time			
11.30	11.45				
11.45	12.00				
12.00	12.15				
12.15	12.30	Lunch			
12.30	12.45				
12.45	13.00				
13.00	13.15				
13.15	13.30	Free time			
13.30	13.45				
13.45	14.00	Lecture in the AULA for coaches by expert			
14.00	14.15			Gymnasts free rest/social activity	
14.15	14.30				
14.30	14.45			Gymnasts free rest/social activity	
14.45	15.00				
15.00	15.15			Free time	
15.15	15.30				
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17.15	17.30	Beach or Free time			
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19.30	19.45			Dinner	
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20.30	20.45	Free time			
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		10.July 2017	
7.00	7.15	Wake up	
7.15	7.30	Phisical preparation - Legs - Straight arms by Coaches	
7.30	7.45		
7.45	8.00		
8.00	8.15	Breakfast	
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	Free training with Expert (Questions coaches during each rotations)	Warm up RB
10.00	10.15		Four station
10.15	10.30		
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12.15	12.30	Stretching	
12.30	12.45	Free time	
12.45	13.00		
13.00	13.15	Lunch	
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13.45	14.00		
14.00	14.15		
14.15	14.30	Free time	
14.30	14.45		
14.45	15.00	Free training with Expert (Questions coaches during each rotations)	
15.00	15.15		
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16.15	16.30		
16.30	16.45	Free time	
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17.15	17.30	Beach or Free time	
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18.45	19.00		
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19.45	20.00		
20.00	20.15	Dinner	
20.15	20.30		
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21.15	21.30	Free time	
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		11.July 2017	
7.00	7.15	Wake up	
7.15	7.30	Phisical preparation - Legs - Straight arms by Coaches	
7.30	7.45		
7.45	8.00		
8.00	8.15	Breakfast	
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	Free training with Expert (Questions coaches during each rotations)	Warm up RB
10.00	10.15		Four station
10.15	10.30		
10.30	10.45		
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12.15	12.30	Stretching	
12.30	12.45	Free time	
12.45	13.00		
13.00	13.15	Lunch	
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14.15	14.30	Free time	
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14.45	15.00	Free training with Expert (Questions coaches during each rotations)	
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16.30	16.45	Free time	
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20.00	20.15	Dinner	
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12.July 2017	
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