

PROGRAM

SUNDAY, AUGUST 20

Morning – Participants Check-in in Estalagem de Sangalhos

- 12.00 – Lunch
- 13.30 – Arrival Briefing
- 14.10 - Transport
- 14.30 – Training session
- 17.30 – End of session / Transport
- 18.15 – Free time for all
- 19.30 – Dinner
- 20.30 – Free time for gymnasts
- 20.30 – Theory lecture
- 21.45 – End of session

MONDAY, AUGUST 21

- 07.45 – Breakfast
- 08.25 – Transport
- 08.45 – Photo session for gymnasts
- 08.45 – Vault Workshop
- 09.45 – Training Session
- 12.15 – End of session / Transport
- 12.30 – Lunch
- 13.15 – Free time for gymnasts
- 13.30 – Debate Session
- 14.45 – End of session
- 15.40 – Transport
- 16.00 – Training Session
- 19.20 – End of session / Transport
- 19.30 – Dinner
- 20.30 – Theory lecture
- 21.45 – End of session

TUESDAY, AUGUST 22

- 08.30 – Breakfast
- 09.10 – Transport
- 09.30 – Training session
- 12.30 – End of session / Transport
- 12.45 – Lunch
- 13.30 – Free time for gymnasts
- 13.45 – Theory lecture
- 15.00 – Free time for all
- 16.40 – Transport
- 17.00 – Training session
- 20.00 – End of session /Transport
- 20.15 – Dinner
- 21.00 – Free time for all

WEDNESDAY, AUGUST 23

- 08.30 – Breakfast
- 09.30 – Transport
- 09.45 – Training session
- 11.45 – End of session / Transport
- 12.00 – Lunch
- 13.00 – Departure to the beach and Aveiro Tour
- 20.00 – Arrival and dinner
- 21.00 – Free time for all

THURSDAY, AUGUST 24

- 08.45 – Breakfast
- 09.25 – Transport
- 09.45 – Training session
- 12.45 – End of session/Transport
- 13.00 – Lunch
- 13.45 – Free time for all
- 16.10 – Transport
- 16.30 – Training session
- 19.15 – End of session / Transport
- 19.30 – Dinner
- 20.30 – Theory lecture
- 21.45 – End of session

FRIDAY, AUGUST 25

- 08.15 – Breakfast
- 08.40 – Transport
- 09.00 – Training session
- 11.45 – End of session/Transport
- 12.00 – Lunch
- 12.45 – Free time for gymnasts
- 13.00 – Q&A Session
- 14.00 – End of session
- 15.00 – Transport
- 15.15 – Final training session
- 16.45 – End of session / Transport
- 17.00 – Free time for all
- 18.15 – Diploma Ceremony
- 19.00 – Final dinner and farewell party