



GENERAL SCHEDULE OF THE WAG JUNIOR TRAINING CAMP - TIRRENIA, 09-19.07.2024



DATE	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI		
	9-Jul-24	10-Jul-24	11-Jul-24	12-Jul-24	13-Jul-24	14-Jul-24	15-Jul-24	16-Jul-24	17-Jul-24	18-Jul-24	19-Jul-24		
TIME													
7:30	W A K E U P												
8:00	B R E A K F A S T												
						Gr. I+II							
		8.00-8.50	9.00-9.50	9.00-9.50	9.00-9.50	8.30	9.00-9.50	9.00-9.50	9.00-9.50	8.15-9.00			
		ORIENTATION	PHYSICAL P.	PHYSICAL P.	PHYSICAL P.	V	PHYSICAL P.	PHYSICAL P.	PHYSICAL P.	BALLET			
		MEETING	Gr. I + Gr. II	Gr. I + Gr. II	Gr. I + Gr. II	I	Gr. I + Gr. II	Gr. I + Gr. II	Gr. I + Gr. II	COURSE			
		9.00-10.30	10.00-11.00	10.00-11.00	10.00-11.00	S	10.00-11.00	10.00-11.00	10.00-11.00	ONLY FOR	D		
		CHOREO	CHOREO	CHOREO	CHOREO	I	CHOREO	CHOREO	CHOREO	COACHES			
	A	Gr. I+II	Gr. I	Gr. II	Gr. I	T	Gr. II	Gr. I	Gr. II	ADRIANA POP	E		
		10.40-12.30	11:10-12:30	11:10-12:30	11:10-12:30		11:10-12:30	11:10-12:30	11:10-12:30				
	R	BEACH	BEACH I	BEACH II	BEACH I	TO	BEACH II	BEACH I	BEACH II		P		
		FOR ALL	9.00-12.30	9.00-12.30	9.00-12.30		9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.35			
	R		TRAINING	TRAINING	TRAINING	F	TRAINING	TRAINING	TRAINING	TRAINING	A		
			Gr. II	Gr. I	Gr. II	L	Gr. I	Gr. II	Gr. I	Gr. I+II			
13:00	I	LUNCH					O	LUNCH					R
		15.00-19.00	15.00-16.30	15.00-16.30	15.00-16.30	R	15.00-16.30	15.00-16.30	15.00-16.30	15.00-17.30			
	V	TRAINING	CHOREO	CHOREO	CHOREO	E	CHOREO	CHOREO	CHOREO	BEACH	T		
		Gr. I+II	Gr. II	Gr. I	Gr. II	N	Gr. I	Gr. II	Gr. I	FOR ALL			
	A		16.40-18.40	16.40-18.40	16.40-18.40	C	16.40-18.40	16.40-19.30	16.40-19.30	18.30-19.15	U		
			BEACH II	BEACH I	BEACH II	E	BEACH I	PISA II	PISA I	THE GYMNASTS			
	L		15:45-16:15	15:45-16:15	15:45-16:15		15:45-16:15	15:45-16:15	15:45-16:15	SHOW	R		
			LECTURE	LECTURE	LECTURE		LECTURE	LECTURE	LECTURE				
			IN THE GYM	IN THE GYM	IN THE GYM		IN THE GYM	IN THE GYM	IN THE GYM		E		
			15.45-19.15	15.45-19.15	15.45-19.15		15.45-19.15	15.45-19.15	15.45-19.15				
			TRAINING	TRAINING	TRAINING		TRAINING	TRAINING	TRAINING				
			Gr. I	Gr. II	Gr. I		Gr. II	Gr. I	Gr. II				
										19:30			
20:00	D I N N E R										BANQUET		
21:00		THEORY	THEORY	THEORY	THEORY	THEORY	THEORY	TIRRENIA	THEORY				
		CODE	LECTURE	LECTURE	LECTURE	LECTURE	LECTURE	PARK	LECTURE				
		OF POINTS					online		online				
		DONATELLA	RICARD	NICOLAE	ZOLTAN	LILIANA	PATRICK		NICK				
22:00		SACCHI	CRNJAC	FORMINTE	JORDANOV	COSMA	KIENS		RUDDOCK				