

Itinerary Squash Camp

Hurghada, Egypt

June 22 - 25, 2019

	Saturday 22.06.2019	Sunday 23.06.2019	Monday 24.06.2019	Tuesday 25.06.2019	Wednesday 26.06.2019	
08:00		Breakfast	Breakfast			
08:30	Arrival	Group A Group training - Footwork	Group A Group training - Outdoor fitness session	Entertainment Activities (Diving / Boat trip / Snorkling / Safari)	Check out Hotel	
09:00		Group B Group training - Footwork	Group B Group training - Outdoor fitness session			
09:30		Group C Group training - Footwork	Group C Group training - Outdoor fitness session			
10:00		Stretching	Stretching			
10:30						
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						
14:00	Lunch	Lunch	Lunch			
14:30						
15:00	Group A Squash sessions - Outdoor track fitness session (Games & tactics) - Outdoor fitness session	Swimming	Swimming			
15:30						
16:00	Group B Squash sessions - Outdoor track fitness session (Games & tactics) - Outdoor fitness session	Games & tactics	Freindly Team Tournament			
16:30						
17:00						
17:30	Lectures + Stretching	Stretching	Stretching			
18:00						
18:30						
19:00						
19:30						
20:00	Dinner	Dinner	Dinner + Certificates & camp closing			
20:30						
21:00						
21:30						
22:00						
22:30						
23:00						

Explanation of colors

Free / Leisure Time

Only Groupe A

Only Groupe B

Only Group C

Leisure Activities together (voluntary & on own costs)

Sport Activities together

Individual Sessions (to be booked separately, EUR 40.00)

BOOKED Individual Sessions

Thanks to our great sponsors!

#squashvoyage