

Schedule international Squash Camp in Madeira, Portugal

#squashvoyage

#squashvoyage

23 - 27 September 2020

	Wednesday 23.09.2020	Thursday 24.09.2020	Friday 25.09.2020	Saturday 26.09.2020	Sunday 27.09.2020	Time			
08:00	Movement & Flow	"In the zone" & Clean Hitting	Acceleration and Simplicity	Individual needs	1-2-1 sessions and tournament	08:00			
08:30		YOGA Session	Meditation Session	YOGA Session	Meditation Session	08:30			
09:00	Welcome meeting & Tour around Galo Resort @meeting room Galo Resort	Squash Session Group A	Squash Session Group B	Squash Session Group C	Private Squash Session	09:00			
09:30							09:30		
10:00				Squash Session Group C		Squash Session Group B	Private Squash Session Andreas Fauland	10:00	
10:30							Private Squash Session	10:30	
11:00	Camp introduction through Coach // Warm-ups // Mini round-robins	Squash Session Group B	Squash Session Group A	Squash Session Group A		11:00			
11:30								Private Squash Session	11:30
12:00									12:00
12:30								Lunch together @ Galo Resort	12:30
13:00						13:00			
13:30	Lunch together @ Galo Resort	Lunch together @ Galo Resort	Lunch together @ Galo Resort	Lunch together @ Galo Resort		13:30			
14:00					Squash Camp Tournament	14:00			
14:30						14:30			
15:00	Squash Session Group A	Squash Session Group C	Touristic Activity 1	Private Squash Session Nathalie Kalvø		Touristic Activity 2	15:00		
15:30								Private Squash Session Andreas Fauland	15:30
16:00								16:00	
16:30	Squash Session Group B	Private Squash Session Martin Pilscait					Private Squash Session	16:30	
17:00		Private Squash Session Andrés Meier				Private Squash Session	17:00		
17:30							17:30		
18:00	Squash Session Group C						18:00		
18:30							18:30		
19:00						19:00			
19:30	Stretching Session	Stretching Session		Stretching Session	Stretching Session	Stretching Session	19:30		
20:00						20:00			
20:30	Dinner Together Place TBA	Dinner Together Place TBA	Dinner Together Place TBA	Dinner Together Place TBA	Closing Ceremony & Dinner Together @ Atlantis Restaurant	20:30			
21:00						21:00			
21:30						21:30			
22:00						22:00			

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 50.00)	
BOOKED individual Session	



Thanks to our great sponsors!

