

TIME	FRIDAY	SATURDAY	SUNDAY
07.30		Team building	Team building
08.30		Breakfast	Breakfast
09.00			Church (Optional)
09.30		Lecture	Lecture
10.30		Gym	SAQ practical
11.30			Team Run
12.00		Unit skills	Lunch
13.00		Lunch	Motivation Lecture
14.00		Lecture	
15.00		Individual Skills	Match
16.00	Registration	Lecture	
16.30	Team building		
17.30	Rest/Shower	Rest/Shower	
18.00	Dinner	Dinner	
19.00	Lecture	Recreational	
20:00	Recreational	Activity	