## **Schedule with no International School**

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00	Wake up	Wake up	Wake up	Wake up	Wake up		
09:00 - 09:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Wake up
10:00 - 11:30	Language class	Language class	Language class	Language class	Language class	Wake up	Breakfast
12:00 - 13:00	Individual Training	Gym	Individual Training	Individual Training	Gym		Official League match
14:00 - 15:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15:00 - 19:00	Free time	Free time	Free time	Free time	Free time	Free time	Weekend activity
19:30 - 21:00	Club training	Club training	Club training	SPA	Club training	Official League match	Weekend activity
21:30 - 22:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
22:00 - 23:00	Home Activities	Home Activities	Home Activities	Home Activities	Home Activities	Home Activities	Home Activities
23:00	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out

## **Schedule with International School**

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00	Wake up						
09:00 - 09:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Wake up
10:00 - 11:30	Language class	Wake up	Breakfast				
12:00 - 13:00	Individual Training	Gym	Individual Training	Individual Training	Gym		Official League match
14:00 - 15:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15:00 - 19:00	International School	International School	International School	International School	International School	Free time	Weekend activity
19:30 - 21:00	Club training	Club training	Club training	SPA	Club training	Official League match	Weekend activity
21:30 - 22:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
22:00 - 23:00	Home Activities	Home Activities	Home Activities				
23:00	Lights out	Lights out	Lights out				