

GÖKHAN DÖNMEZ TENNIS ACADEMY

SUMMER CAMPS PROGRAMME

WEEK TRAINING SCHEDULE

	PAZARTESİ MONDAY	SALI TUESDAY	ÇARŞAMBA WEDNESDAY	PERŞEMBE THURSDAY	CUMA FRIDAY	CUMARTESİ SATURDAY
07.00-07.30	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP
07.30-08.45	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
09.00-09.30	DAILY MEETING	DAILY MEETING	DAILY MEETING	DAILY MEETING	DAILY MEETING	DAILY MEETING
09.45-10.15	TENNIS	SOCCER	BASKETBALL	TENNIS	SWIMMING	TENNIS
10.15-10.45	STRECHING SHOWER	STRECHING SHOWER	STRECHING SHOWER	STRECHING SHOWER	STRECHING SHOWER	STRECHING SHOWER
11.00-12.30	ENGLISH STANDART AND ADVANCED COURSES	ENGLISH STANDART AND ADVANCED COURSES	ENGLISH STANDART AND ADVANCED COURSES	ENGLISH STANDART AND ADVANCED COURSES	ENGLISH STANDART AND ADVANCED COURSES	ENGLISH STANDART AND ADVANCED COURSES
12.30-13.30	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME
13.30-14.30	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME
14.30-16.00	CARTING	GOLF	AQUA GYM	BEACH VOLLEY	AQUAPARK	HORSE RIDING
16.30-17.30	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	FREE TIME
17.30-18.00	SHOWER	SHOWER	SHOWER	SHOWER	SHOWER	
18.15-19.15	ENGLISH EXAM	ENGLISH EXAM	CHESS	ENGLISH EXAM	ENGLISH EXAM	
19.15-20.15	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
21.00-22.00	ANIMATION BED TIME	KARAOKE BED TIME	PLAY STATION BED TIME	BED TIME	ANIMATION BED TIME	

Schedule subject to be changed. OFF COURT ACTIVITIES ARE GOING TO BE HELD ON SUNDAY.