

	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	RUNNING- STRETCHING	CYCLE- STRETCHING	RUNNING- STRETCHING	GLIDING- STRETCHING	PILATES MAT- STRETCHING	AQUA GYM- STRETCHING
09.00-09.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
09.45-10.45	VIDEO ANALYSIS	MENTAL TRAINING	TACTICS	VIDEO ANALYSIS	MENTAL TRAINING	TACTICS
10.45-13.00	TENNIS	TENNIS	TENNIS	TENNIS	TENNIS	TENNIS
13.00-13.30	STRETCHİNG- SHOWER	STRETCHİNG- SHOWER	STRETCHİNG- SHOWER	STRETCHİNG- SHOWER	STRETCHİNG- SHOWER	STRETCHİNG- SHOWER
13.30-14.00	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME
14.00-15.00	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME	ANALYSIS WEEKLY
15.15-17.30	TENNIS	TENNIS (MATCHES)	TENNIS	TENNIS	TENNIS (MATCHES)	REST TIME
17.45-18.45	PHYSICAL	SWIMMING	PHYSICAL	BEACHTENNIS	PHYSICAL	
18.45-19.15	STRETCHING	STRETCHING/ MASSAGE	STRETCHING	STRETCHING	STRETCHING/ MASSAGE	
19.15-19.45	SHOWER	SHOWER	SHOWER	SHOWER	SHOWER	
19.45-20.45	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
21.00-22.00	BED TIME	BED TIME	ANIMATION BED TIME	BED TIME	BED TIME	

Schedule subject to be changed