

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	
6:30-7:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:00-8:15		Warm up	Warm up	Warm up	Warm up	Warm up	Warm up		Warm up	Warm up	Warm up	Warm up	Warm up		
8:15-10:30		Pre-Test Tennis /Fitness	Tennis Training	Tennis Training	Tennis Training	Tennis Training	Tennis Training		Tennis Training	Post Test Tennis /Fitness	Tennis Training	Tennis Training	Tennis Training		
10:30-11:00			Stretching	Stretching	Stretching	Stretching	Stretching		Stretching		Stretching	Stretching	Stretching		
11:00-11:30	Arrival		Own Time	Own Time	Own Time	Own Time	Own Time		Own Time		Own Time	Own Time	Own Time		
11:30-13:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Day Excursion	Lunch	Lunch	Lunch	Lunch	Lunch		
13:00-14:00		Own Time	Own Time	 Own Time/ Small meeting	Own Time	Own Time	Own Time		Own Time	Own Time	 Own Time/ Small meeting	Own Time	Own Time		
14:00-16:00		Tennis Training	Tennis Training		Tennis Training	Tennis Training	Tennis Training		Tennis Training	Tennis Training		Tennis Training	Tennis Training	Tennis Training	
16:00-17:00		Fitness	Fitness		Fitness	Fitness	Fitness		Fitness	Fitness		Fitness	Fitness	Fitness	
17:15-18:00		Own Time	Own Time		Own Time	Own Time	Own Time		Own Time	Own Time		Own Time	Own Time		
18:00-19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
19:30 - 20:00			Meditating							Meditating					

* For any help during your stay at the Camp, kindly do not hesitate to get in touch with Mint Nantasuk or Rajat Kapoor from the ATF Office on the 3rd floor LTAT Complex

* Meditating at the dormitory on the first floor