ASIAN TRAINING CAMP
NEW DELHI
23 APRIL TO 6 MAY 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	1-May	2-May	3-May	4-May	5-May	6-May
7:00 - 8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:15 - 8:30		Warm up	Warm up	Warm up	Warm up	Warm up	Warm up		Warm up	Warm up	Warm up	Warm up	Warm up	
8:30 - 11:00		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	
11:00 - 11:30			Stretching	Stretching	Stretching	Stretching	Stretching		Stretching		Stretching	Stretching	Stretching	
11:30 - 12:00			Own Time	Own Time	Own Time	Own Time	Own Time		Own Time		Own Time	Own Time	Own Time	
12:00 - 13:00	Arrival	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch	Lunch	Lunch	Lunch	Lunch	
13:00 - 15:00		Own Time	Own Time	Own Time	Own Time	Own Time	Own Time/ Small meeting		Own Time	Own Time	Own Time/Small meeting	Own Time	Own Time	Departure
15:00 - 17:00		Tennis Training	Tennis Training	Tennis Training	Tennis Training	Tennis Training			Tennis Training	Tennis Training		Tennis Training	Tennis Training	
17:00 - 18:00		Fitness / Gym	Fitness / Gym	Discussion	Fitness / Gym	Fitness / Gym			Fitness / Gym	Fitness / Gym		Fitness / Gym	Fitness / Gym	
18:00 - 19:00		Own Time	Own Time		Own Time	Own Time			Own Time	Own Time		Own Time	Certificate distrubution Ceremony	
19:00 - 20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		Dinner	Dinner	Dinner	Dinner	Dinner	

DAY EXCURSION