



ASIAN TRAINING CAMP NEW DELHI 20 AUGUST TO 2 SEPTEMBER 2017

| | Sunday 20-Aug | Monday 21-Aug | Tuesday 22-Aug | Wednesday 23-Aug | Thursday 24-Aug | Friday 25-Aug | Saturday 26-Aug | Sunday 27-Aug | Monday 28-Aug | Tuesday 29-Aug | Wednesday 30-Aug | Thursday 31-Aug | Friday 1-Sep | Saturday 2-Sep | | | |
|---------------|---|--------------------------------|--------------------|---------------------|--------------------|--------------------|----------------------------|---|--------------------|---------------------------------|---------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|---|
| 7:00 - 8:00 | | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | D A Y E X C U R S I O N | 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 | 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 | Tennis Training | Tennis Training | | |
| 11:00 - 11:30 | | | Stretching | Stretching | Stretching | 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 | Own Time | Own Time | Own Time | Own Time | |
| 12:00 - 13:00 | Arrival | Lunch | Lunch | 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 | Own Time | Own Time | | |
| 15:00 - 17:00 |  | Tennis Training | Tennis Training | Tennis Training | 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 | 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 | Own Time | Own Time | Own Time | Own Time | Certificate distribution Ceremony |
| 19:00 - 20:00 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | | |



Departure

