

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov		
6:30-7:30	 Arrival	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	 Day Excursion	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	 Departure	
8:15-10:30		Tennis Training	Tennis Training	Tennis Training	Tennis Training	Tennis Training	Tennis Training		Tennis Training	Tennis Training	Tennis Training	Tennis Training	Tennis Training	Tennis Training		
10:30-11:00		Stretching	Stretching	Stretching	Stretching	Stretching	Stretching		Stretching	Stretching	Stretching	Stretching	Stretching	Stretching		
11:00-12:00		Own Time	Own Time	Own Time	Own Time	Own Time	Own Time		Own Time	Own Time	Own Time	Own Time	Own Time	Own Time		
12:00-13:00		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		Own Time	Own Time	 Own Time	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			
17:00-18:00		Fitness	Fitness	Fitness	Fitness	Fitness	Fitness		Fitness	Fitness	Fitness	Fitness	Fitness	Fitness		Fitness
17:15-18:30		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
18:30-19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner			Dinner	Dinner	Dinner	Dinner	Dinner		

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