

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.30	Wake up / Breakfast	Wake up / Breakfast	Wake up / Breakfast	Wake up / Breakfast	Wake up / Breakfast	Wake up / Breakfast	Wake up / Breakfast
08.45	Student meeting	Student meeting	Student meeting	Student meeting	Student meeting	Student meeting	Student meeting
09.00	English Skills 1 Break	English Skills 1 Break	English Skills 1 Break	English Skills 1 Break	English Skills 1 Break	Excursion A full day excursion to London offering a choice of sightseeing which may include walking, a bus tour or a river cruise OR a visit to a cultural or historical attraction such as Madame Tussauds, the London Dungeons and the Natural History Museum	Excursion A full day excursion that is more relaxing and will enable students to enjoy themselves, such as Leeds Castle, Thorpe Park and Portsmouth Gunwharf Quays and Historic Dockyard
10.15	English Skills 2	English Skills 2	English Skills 2	English Skills 2	English Skills 2		
11.15	Break + Morning Snack						
11.30	Enrichment	Enrichment	Half-day Excursion An afternoon trip to a local attraction such as Arundel Castle, Brighton i360 and Eastbourne Pier with some shopping time for students	Enrichment	Enrichment		
12.30	Lunch	Lunch		Lunch	Lunch		
13.30	Strength & Conditioning	Technical Training		Strength & Conditioning	Technical Training		
15.00	Break / Student meeting	Break / Student meeting		Break / Student meeting	Break / Student meeting		
15.30	Tactical Training	Tactical Training		Mental Resilience in Tennis	Match Play		
17.00	Free Time	Free Time		Free Time	Free Time		
18.00	Dinner	Dinner		Dinner	Dinner		
19.00	Student meeting	Student meeting	Dinner	Student meeting	Student meeting	Dinner	Student meeting
19.15	Social Events	Social Events	20.00 Social Events	Social Events	Social Events	20.00 Social Events	Social Events
21.30	Free Time / House Meeting + Evening Snack						
22.30	Bedtime						