

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Arrivals and pick-ups 8:00 a.m. - 10:00 p.m. 	8:00 a.m. – 8:15 a.m. Good morning	8:00 a.m. – 8:15 a.m. Good morning	8:00 a.m. – 8:15 a.m. Good morning	8:00 a.m. – 8:15 a.m. Good morning	8:00 a.m. – 8:15 a.m. Good morning	Leisure activity 	Pick-up, goodbyes and transfers. 
	8:15 a.m. – 8:45 a.m. Breakfast and hygiene	8:15 a.m. – 8:45 a.m. Breakfast and hygiene	8:15 a.m. – 8:45 a.m. Breakfast and hygiene	8:15 a.m. – 8:45 a.m. Breakfast and hygiene	8:15 a.m. – 8:45 a.m. Breakfast and hygiene		
	8:45 a.m. – 9:15 a.m. Transfer Residence - CD Alcalá	8:45 a.m. – 9:15 a.m. Transfer Residence - CD Alcalá	8:45 a.m. – 9:15 a.m. Transfer Residence - CD Alcalá	8:45 a.m. – 9:15 a.m. Transfer Residence - CD Alcalá	8:45 a.m. – 9:15 a.m. Transfer Residence - CD Alcalá		
	 9:30 a.m. – 10:00 a.m. Gym	 9:30 a.m. – 10:00 a.m. Gym	 9:30 a.m. – 10:00 a.m. Gym	 9:30 a.m. – 10:00 a.m. Gym	 9:30 a.m. – 10:00 a.m. Gym		
	 10:00 a.m.– 12:00 p.m. Technical-tactical training	 10:00 a.m.– 12:00 p.m. Technical-tactical training	 10:00 a.m.– 12:00 p.m. Technical-tactical training	 10:00 a.m.– 12:00 p.m. Technical-tactical training	 10:00 a.m.– 12:00 p.m. Technical-tactical training		
	12.15 p.m. – 12:45 p.m. Pick-up, transfer to Residence	12.15 p.m. – 12:45 p.m. Pick-up, transfer to Residence	12.15 p.m. – 12:45 p.m. Pick-up, transfer to Residence	12.15 p.m. – 12:45 p.m. Pick-up, transfer to Residence	12.15 p.m. – 12:45 p.m. Pick-up, transfer to Residence		
Reception in Residence, presentation and distribution of rooms. 	12:45 p.m. – 1:10 p.m. Shower, hygiene and laundry	12:45 p.m. – 1:10 p.m. Shower, hygiene and laundry	12:45 p.m. – 1:10 p.m. Shower, hygiene and laundry	12:45 p.m. – 1:10 p.m. Shower, hygiene and laundry	12:45 p.m. – 1:10 p.m. Shower, hygiene and laundry		
	1:10 p.m. – 3:00 p.m. Lunch and rest	1:10 p.m. – 3:00 p.m. Lunch and rest	1:10 p.m. – 3:00 p.m. Lunch and rest	1:10 p.m. – 3:00 p.m. Lunch and rest	1:10 p.m. – 3:00 p.m. Lunch and rest		
	 3:10 p.m. – 4:00 p.m. Atlético de Madrid values talk	 3:10 p.m. – 4:00 p.m. Group dynamics (Tegball tournament)	 4:00 p.m. – 5:00 p.m. Group dynamics (Atletico Madrid Kahoot)	4:00 p.m. – 4:30 p.m. Transfer Residence - Riyadh Air Metropolitano	3:30 p.m. – 4:00 p.m. Transfer Residence - CD Alcalá		
	3:10 p.m. – 4:00 p.m. Atlético de Madrid values talk	4:00 p.m. – 4:30 p.m. Snack and preparation for transport	5:00 p.m. – 5:30 p.m. Transfer Residence - Neptune	 4:30 p.m. – 6:00 p.m. Visit to the Riyadh Air Metropolitano	 4:00 p.m. – 5:00 p.m. Video Analytics Talk		
	4:30 p.m. – 5:00 p.m. Transfer Residence - CD Alcalá	4:30 p.m. – 5:00 p.m. Transport Residence - CD Alcalá	 5:30 p.m. – 8:00 p.m. Visit Madrid city and Snack		 5:15 p.m. – 6:30 p.m. Competitive Training		
	 5:15 p.m. – 6:30 p.m. Competitive Training	 5:15 p.m. – 6:30 p.m. Competitive Training		6:00 p.m. – 6:30 p.m. Snack and preparation for transfer			
	6:30 p.m. – 7:30 p.m. Transfer CD Alcalá - Residence, Personal hygiene	6:30 p.m. – 7:30 p.m. Transport CD Alcalá - Residence, Personal hygiene		6:30 p.m. – 7:00 p.m. Transfer Riyadh Air Metropolitano – Residence	6:30 p.m. – 7:30 p.m. Transfer CD Alcalá - Residence, Personal hygiene		
	 7:30 p.m. – 9:00 p.m. Group dynamics (Ping-Pong Tournament)	 7:30 p.m. – 9:00 p.m. Group dynamics (cinema)	8:00 p.m. – 8:45 p.m. Transfer Neptune - Residence	 7:00 p.m. – 9:00 p.m. Group dynamics (cinema)	 7:30 p.m. – 9:00 p.m. Closing Ceremony Residency		
	9:15 p.m. - 11:00 p.m. Dinner, laundry, family time and good night	9:15 p.m. - 11:00 p.m. Dinner, laundry, family time and good night	8:45 p.m. - 11:00 p.m. Dinner, laundry, family time and good night	9:15 p.m. - 11:00 p.m. Dinner, laundry, family time and good night	9:15 p.m. - 11:00 p.m. Dinner, laundry, family time and good night		