

| | 24th July | 25th July | 26th July | 27th July | 28th July | 29th July | 30th July |
|-------------|-----------------------------|---|----------------------------|-------------------------|-------------------------|-----------------------------|-------------------------------|
| | SUN | MON | TUE | WED | THU | FRI | SAT |
| 07h30-9h00 | Arrival of all participants | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Departure of all participants |
| 09h30-12h00 | | Training (Linking) | Training (Twisting Skills) | Training (Coaches rule) | Training (New elements) | Training (Build Routines) | |
| 12h30-14h00 | | Lunch | Lunch | Lunch | Lunch | Lunch | |
| 14h00-15h00 | | Rest or some activities | Rest or some activities | Rest or some activities | Rest or some activities | Rest or some activities | |
| 15h30-18h00 | | Training (Linking) | Training (Twisting Skills) | Visit to the Beach | Training (New elements) | Friendly competition | |
| 18h30-19h30 | | Pool | Pool | | Pool | | |
| 19h00-20h30 | | Dinner | Dinner | Dinner | Dinner | Dinner 20h00 | |
| 20h30-22h30 | Orientation meeting 22h00 | Questions and answers about training topics | | | | Banquet/Party 20h00 - 23h00 | |
| 23h00 | Bed time | Bed time | Bed time | Bed time | Bed time | Bed time | |

Alternative topics

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|-----------|------------------------------|
| Monday | Basic skills progressions |
| Tuesday | Basic skills |
| Wednesday | Basic linking |
| Thursday | Multiple skills progressions |
| Friday | New elements |