

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 10:30 <i>Badminton training</i> <i>WS group</i> & <i>MS group</i>	08:00 - 10:30 <i>Badminton training</i> <i>WS group</i> & <i>MS group</i>	08:00 - 10:30 <i>Badminton training</i> <i>WS group</i> & <i>MS group</i>	08:00 - 10:30 <i>Badminton training</i> <i>WS group</i> & <i>MS group</i>	08:00 - 10:30 <i>Badminton training</i> <i>WS group</i> & <i>MS group</i>	<i>Optional</i> <i>Badminton</i> <i>training</i>	<i>Optional</i> <i>Badminton</i> <i>training</i>
09:30 - 14:00 Physio		09:30 - 14:00 Physio				
11:00 - 12:00 Lunch	11:00 - 12:00 Lunch	11:00 - 12:00 Lunch	11:00 - 12:00 Lunch	11:00 - 12:00 Lunch	12:00 - 13:00 Lunch	12:00 - 13:00 Lunch
Physio		Physio			<i>Optional</i> <i>Badminton</i> <i>training</i> or <i>weight training</i>	<i>Optional</i> <i>Badminton</i> <i>training</i> or <i>weight training</i>
14:00 - 15:45 <i>Weight or physical training</i> <i>WS group</i> & <i>MS group</i>	14:00 - 15:45 <i>Badminton training</i> <i>WS group</i> & <i>MS group</i>	14:00 - 15:45 <i>Weight or physical training</i> <i>WS group</i> & <i>MS group</i>	14:00 - 15:45 <i>Badminton training</i> <i>WS group</i> & <i>MS group</i>	14:00 - 15:45 <i>WS group & MS group</i> Active Generation		