TIMETABLE 2027
BEDFORD SCHOOL

Time	Sunday (arrival day)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (departure day)
7.30am	Wake Up & Get Ready! Breakfast For all Players & Coaching Staff Morning Meeting and Briefing						
9.00am	Arrival	English Lessons/ PSG Academy Football Training	English Lessons/ PSG Academy Football Training	Stadium Visit Stadium Tour 1 of either Arsenal/Chelsea/ Tottenham	English Lessons/ PSG Academy Football Training	English Lessons/ PSG Academy Football Training	English Lessons/ PSG Academy Football Training
12.30pm		Lunch	Lunch		Lunch	Lunch	Lunch
1.30pm	Induction & Site Walk	PSG Academy	PSG Academy	City Visit + Sightseeing	PSG Academy	PSG Academy	PSG Academy
5.00pm				FREE TIME! Dinner For all Players & Coaching Staff			
6.30pm	Recovery Day Swimming	Strength & Conditioning	Tactical Games	Sleep/Stress Management Workshop	Nutrition Workshop	End of Week Awards Presentation	Yoga + Relaxation Workshop

Bed Time / Hot Chocolate /
Common Room