

This course rotates on a 3 weekly basis.

[illegible]

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	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
07:30	Wake up		Wake up	Wake up	Wake up	Wake up	Wake up
07:45 - 08:45	Breakfast		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00 - 10:30	Full Day Excursion e.g. London	Wake up	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson
10:30 - 11:00		Brunch	Break	Break	Break	Break	Break
11:00 - 12:30			English Lesson	English Lesson	English Lesson	English Lesson	English Lesson
12:30 - 13:45		Half Day Excursion to Bournemouth	Lunch	Lunch	Lunch	Lunch	Lunch
13:45 – 14:30			Archery	Circuit Training	Tag Rugby	Volleyball	Springball
14:30 – 15:15			Lacrosse	Football	Handball	King Pin	Basketball
15:15 – 15:30			Break	Break	Break	Break	Break
15:30 – 16:15			Table Tennis	Swimming	Beach Games	Short Tennis	Kwik Cricket
16:15 – 17:00			Netball	Billiards		Gym Training	Tchoukball
17:30 - 18:30			After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs
18:30 - 19:15		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
20:15 - 22:30		Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities
22:30	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	