



ACTIVITIES SCHEDULE (MALE)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	All Day Fan Zone
5:00 – 6:00	Fitness	Race/Relays	Obstacle Course Telematch	Football	Football	Race/Relays	Obstacle Course Telematch	<ul style="list-style-type: none">• Speed Tennis• Foosball Table• Shooting Rings• Archery• Table Tennis• Tek Ball• Speed
6:00 – 7:00	Obstacle Course Telematch	Football	Football	Reaction Training	Volleyball	Football	Tennis	
7:30 – 8:30	Race/Relays	Reaction Training	Volleyball Tournament	Fitness	Race/Relays	Obstacle Course Telematch	Race/Relays	
9:00 – 10:00	Football	Tennis	Volleyball	Obstacle Course Telematch	Reaction Training	Fitness	Football	

ACTIVITIES SCHEDULE (FEMALE)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	All Day Fan Zone
5:00 – 6:00	Zumba	Yoga	Badminton Football	Obstacle Course	Volleyball Football	Race/Relays	Football Badminton	<ul style="list-style-type: none"> • Speed Tennis • Foosball Table • Shooting Rings • Archery • Table Tennis • Tek Ball • Speed
6:00 – 7:00	Reaction Training	Zumba	Yoga	Badminton Football	Obstacle Course	Volleyball Football	Race/Relays	
7:30 – 8:30	Football Volleyball	Reaction Training	Zumba	Yoga	Badminton Race/Relays	Obstacle Course	Volleyball Football	
9:00 – 10:00	Race/Relays	Football Volleyball	Reaction Training	Zumba	Yoga	Badminton Reaction Training	Obstacle Course	