SwissAAA
Aspire.Persist.Prevail.

Week Plan Intensive Camp Thailand

	Jan 22	Jan 23		Jan 24		Jan 25		Jan 26		Jan 27		Jan 28		Jan 29	Jan 30	
	Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	Monday	
		A	B	A	B	A	B	A	B	A	B	A	B			
0000																0000
0700																0700
0800		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast						0800
		Drive		Drive		Drive		Drive		Drive to range						
0900		Welcome to Range		Roll Call - Focus		Roll Call - Focus		Roll Call - Focus		Roll Call - Focus						0900
1000		**Skills Test Drills L1 Fundamentals**		**Drills L2 Box&Cover**		**Drills L3 Swinger Turner Bobber**		**Fitness Thai Box**		**Skils Test Stage Training**					**Individual Departures Bangkok ...**	1000
1100								Drive								1100
1200		Lunch		Lunch				Lunch		Lunch						1200
1300		**Drills L1 Fundamentals**		**Drills L2 Box&Cover Double Tap FTF**		Lunch		Drive to Range		**Stage Training**						1300
								Roll Call - Focus								
1400	**... Individual Arrivals Chiang Rai**					**Sightseeing Temple Visit**		**Drills L4 Stage Sequence Repetitions**				**Free Time Sightseeing**		**Tiger Tac IDPA Competition**		1400
1500		Drive Free Time								**Travel to Bangkok**						1500
1600		**Fitness Thai Box**														1600
1700				Drive Free Time												1700
1800	Welcome	Drive Free Time		Dinner				Drive Free Time								1800
1900	Dinner	Dinner				Dinner		Dinner								1900
2000				Free Time												2000
2100	Free Time	Free Time				Free Time		Free Time								2100
2200																2200
2300																2300
2400																2400