

GENERAL PROGRAM OF THE EG TRAINING CAMP FOR WAG GIRLS - KUORTANE, 07 - 17 JULY 2025



MON	TUE		WED		THU		FRI		SAT	SUN		MON		TUE		WED		THU
7-Jul-25	8-Jul-25		9-Jul-25		10-Jul-25		11-Jul-25		12-Jul-25	13-Jul-25		14-Jul-25		15-Jul-25		16-Jul-25		17-Jul-25
	Gr. I	Gr. II	Gr. I	Gr. II	Gr. I	Gr. II	Gr. I	Gr. II	Gr. I & 2	Gr. I	Gr. II	Gr. I	Gr. II	Gr. I	Gr. II	Gr. I	Gr. II	
	7:30 BREAKFAST COACHES								08:00 BREAKFAST							7:30 BREAKFAST COACHES		08:00 BREAKFAST
	8:00 BREAKFAST GYMNASTS		08:00 BREAKFAST		08:00 BREAKFAST		08:00 BREAKFAST			08:00 BREAKFAST		08:00 BREAKFAST		08:00 BREAKFAST		8:00 BREAKFAST GYMNASTS		
	08:00-08:45															08:15-09:00		D
	ORIENTATION MEETING, COACHES															BALLET COURSE		
	LS 1-3		09:00-09:50	09:00-09:50	09:00-09:50	09:00-09:50	09:00-09:50	09:00-09:50		09:00-09:50	09:00-09:50	09:00-09:50	09:00-09:50	09:00-09:50	09:00-09:50	FOR COACHES		E
			PHYSICAL P.	PHYSICAL P.	PHYSICAL P.	PHYSICAL P.	PHYSICAL P.	PHYSICAL P.		PHYSICAL P.	PHYSICAL P.	PHYSICAL P.	PHYSICAL P.	PHYSICAL P.	PHYSICAL P.	Adriana Pop		
A	09:30-11:00	09:30-11:00	10:00-11:00	10:00-12:30	10:00-12:30	10:00-11:00	10:00-11:00	10:00-12:30		10:00-12:30	10:00-11:00	10:00-11:00	10:00-12:30	10:00-12:30	10:00-11:00	09:00-12:30		P
	CHOREOG.	CHOREOG.	CHOREOG.	TRAINING	TRAINING	CHOREOG.	CHOREOG.	TRAINING		TRAINING	CHOREOG.	CHOREOG.	TRAINING	TRAINING	CHOREOG.	TRAINING		
R			GYM			GYM	GYM				GYM	GYM			GYM			A
	11:00-11:45	11:00-11:45	11:00-11:45			11:00-11:45	11:00-11:45				11:00-11:45	11:00-11:45			11:00-11:45			
R	PHYSICAL P.	PHYSICAL P.	OPEN GYM			OPEN GYM	OPEN GYM				OPEN GYM	OPEN GYM			OPEN GYM			R
I	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:45 LUNCH	12:45 LUNCH	12:00 LUNCH	12:00 LUNCH	12:45 LUNCH	12:00 LUNCH	12:45 LUNCH	12:00 LUNCH	12:00 LUNCH	12:45 LUNCH	12:45 LUNCH	12:00 LUNCH	12:45 LUNCH		T
			14:00-14:30	14:00-14:30	14:00-14:30	14:00-14:30	14:00-14:30	14:00-14:30		14:00-14:30	14:00-14:30	14:00-14:30	14:00-14:30	14:00-14:30	14:00-14:30			
V	14:00-17:30	14:00-17:30	Lecture in the Gym		Lecture in the Gym		Lecture in the Gym			Lecture in the Gym		Lecture in the Gym		Lecture in the Gym				U
	TRAINING	TRAINING	14:30-17:30	14:45-16:15	14:45-16:15	14:30-17:30	14:30-17:30	14:45-16:15		14:45-16:15	14:30-17:30	14:30-17:30	14:45-16:15	14:45-16:15	14:30-17:30			
A			TRAINING	CHOREOG.	CHOREOG.	TRAINING	TRAINING	CHOREOG.	TO THE AHȚARI	CHOREOG.	TRAINING	TRAINING	CHOREOG.	CHOREOG.	TRAINING			R
				GYM	GYM			GYM		GYM			GYM	GYM				
L				16:15-17:30	16:15-17:30			16:15-17:30	ZOO	16:15-17:30			16:15-17:30	16:15-17:30				E
				OPEN GYM	OPEN GYM			OPEN GYM		OPEN GYM			OPEN GYM	OPEN GYM		17:00-18:00		
17:45	17:45 DINNER		17:45 DINNER		17:45 DINNER		17:45 DINNER		17:45	17:45 DINNER		17:45 DINNER		17:45 DINNER		THE GYMNASTS' SHOW		
DINNER									DINNER									
	18:30-20:00		18:30-20:00		18:30-20:00		18:30-20:00			18:30-20:00		18:30-20:00		18:30-20:00				
	ACTIVITY		ACTIVITY		ACTIVITY		ACTIVITY			ACTIVITY		ACTIVITY		ACTIVITY				
	church boat and beach games		beach and forest activities		water sports		bowling			beach sauna for gymnasts		swimming hall and recovery center		Camp Olympics				
									19:00-21:00							19:00		
	20:30-21:30		20:30-21:30		20:30-21:30		20:30-21:30		CAMP FIRE	20:30-21:30		20:30-21:30		20:30-21:30		CLOSING DINNER GYMNASTS		
	THEORY LECTURE		THEORY LECTURE		THEORY LECTURE		THEORY LECTURE			THEORY LECTURE		THEORY LECTURE		THEORY LECTURE				
	Ricard Crnjac		Nick Ruddock		Nicu Forminte		Lili Cosma			Zoltan Jordanov		Patrick Kiens		Donatella Sacchi				
20:30 LATE	20:30 LATE SNACK		20:30 LATE SNACK		20:30 LATE SNACK		20:30 LATE SNACK			20:30 LATE SNACK		20:30 LATE SNACK		20:30 LATE SNACK		20:30 CLOSING DINNER		
SNACK	21:30 LATESNACK, COACHES		21:30 LATESNACK, COACHES		21:30 LATESNACK, COACHES		21:30 LATESNACK, COACHES			21:30 LATESNACK, COACHES		21:30 LATESNACK, COACHES		21:30 LATESNACK, COACHES		COACHES		
										21:30-23:00						20:30-21:30		
										Beach sauna for coaches						Disco for the Gymnasts		