



GENERAL SCHEDULE OF THE WAG JUNIOR TRAINING CAMP - TIRRENIA, 29.06 - 09.07.2026



DATE	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	
	29-Jun-26	30-Jun-26	1-Jul-26	2-Jul-26	3-Jul-26	4-Jul-26	5-Jul-26	6-Jul-26	7-Jul-26	8-Jul-26	9-Jul-26	
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	
07:30	WAKE UP											
08:00	BREAKFAST											
						Gr. I+II						
		8:30-9:15	9:00-9:50	9:00-9:50	9:00-9:50	V	9:00-9:50	9:00-9:50	9:00-9:50	8:15-9:00		
		ORIENTATION	PHYS. PREP.	PHYS. PREP.	PHYS. PREP.	I	PHYS. PREP.	PHYS. PREP.	PHYS. PREP.	BALLET		
		MEETING	Gr.I + Gr.II	Gr.I + Gr.II	Gr.I + Gr.II	S	Gr.I + Gr.II	Gr.I + Gr.II	Gr.I + Gr.II	COURSE		
		9:30-11:00	10:00-11:00	10:00-11:00	10:00-11:00	I	10:00-11:00	10:00-11:00	10:00-11:00	ONLY FOR	D	
		CHOREO	CHOREO	CHOREO	CHOREO	T	CHOREO	CHOREO	CHOREO	COACHES		
	A	Gr. I+II	Gr. I	Gr. II	Gr. I		Gr. II	Gr. I	Gr. II	ADRIANA POP	E	
		11:00-12:00	11:10-12:30	11:10-12:30	11:10-12:30	TO	11:10-12:30	11:10-12:30	11:10-12:30			
	R	PHYS. PREP.	BEACH I	BEACH II	BEACH I		BEACH II	BEACH I	BEACH II		P	
			10:00-12:40	10:00-12:40	10:00-12:40	F	10:00-12:40	10:00-12:40	10:00-12:40	9:00-12:30		
	R		TRAINING	TRAINING	TRAINING	L	TRAINING	TRAINING	TRAINING	TRAINING	A	
			Gr.II	Gr. I	Gr.II	O	Gr. I	Gr.II	Gr. I	Gr. I+II		
13:00	I	LUNCH					R	LUNCH				
		15:00-19:00	15:00-16:30	15:00-16:30	15:00-16:30	E	15:00-16:30	15:00-16:30	15:00-16:30			
	V	TRAINING	CHOREO	CHOREO	CHOREO	N	CHOREO	CHOREO	CHOREO		T	
		Gr. I+II	Gr.II	Gr. I	Gr.II	C	Gr. I	Gr.II	Gr. I			
	A		16:40-18:40	16:40-18:40	16:40-18:40	E	16:40-18:40	16:40-18:40	16:40-18:40	17:00-18:30	U	
			BEACH Gr.II	BEACH Gr.I	BEACH Gr.II		BEACH Gr.I	BEACH Gr.II	BEACH Gr.I	THE GYMNASTS		
	L		15:45-16:15	15:45-16:15	15:45-16:15	&	15:45-16:15	15:45-16:15	15:45-16:15	SHOW	R	
			LECTURE	LECTURE	LECTURE		LECTURE	LECTURE	LECTURE			
			IN THE GYM	IN THE GYM	IN THE GYM	P	IN THE GYM	IN THE GYM	IN THE GYM		E	
			15.45-19.15	15.45-19.15	15.45-19.15	I	15.45-19.15	15.45-19.15	15.45-19.15			
			TRAINING	TRAINING	TRAINING	S	TRAINING	TRAINING	TRAINING			
			Gr. I	Gr. II	Gr. I	A	Gr. II	Gr. I	Gr. II			
										19:30		
20:00		D I N N E R										
21:00		THEORY	THEORY	THEORY	THEORY	THEORY	THEORY	THEORY	TIRRENIA	BANQUETS		
		LECTURE	LECTURE	LECTURE	LECTURE	LECTURE	LECTURE	LECTURE	PARK			
			online									
		ZOLTAN	PATRICK	IDA	DONATELLA	NICK	RICARD	STEFAN				
22:00		JORDANOV	KIENS	LAAKKONEN	SACCHI	RUDDOCK	CRNJAC	MUTIU				