

2020 College Education and Training Camp

SESSION 1 - Saturday

	Group 1	Group 2	Group 3	Group 4
11:00-11:20	Group Warm up			
11:20-12:05	VT	UB	BB	FX
12:05-12:50	UB	BB	FX	VT
12:50-1:35	BB	FX	VT	UB
1:35-2:20	FX	VT	UB	BB
2:20-2:30	Post Camp Stretch			

SESSION 2 - Saturday

	Group 5	Group 6	Group 7	Group 8
3:30-3:50	Group Warm up			
3:50-4:35	VT	UB	BB	FX
4:35-5:20	UB	BB	FX	VT
5:20-6:05	BB	FX	VT	UB
6:05-6:50	FX	VT	UB	BB
6:50-7:00	Post Camp Stretch			
