

## 2020 College Education and Training Camp

### SESSION 1 - Sunday

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

### SESSION 2 - Sunday

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