



Hour	Sunday 7th	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th
07:00	Wake up & Breakfast						
08:30	Arrival	Practice	VCF Training session	Training in the beach	Practice	Madrid trip	Mini - Tournament
09:00							
10:00							
11:00							
12:00							
13:00	Lunch						
14:00							
15:00	Pool		Pool		Mestalla Tour		Beach - Rest
16:00			Mountain trip - Bunging bridges				
17:00	Presentation	Downtown visit	Shopping Mall	Miguelete	Madrid trip	BBQ	
18:00							
19:00							
20:00	Dinner & World Cup						
21:00							
22:30	Rest						



Hour	Sunday 15th	Monday 16th	Tuesday 15th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th
07:00	Wake up & Breakfast						
08:00	Mini - Tournament	Practice	VCF Training session	Training in the beach	Practice	Barcelona trip	Friendly
09:00							
10:00							
11:00							
12:00	Lunch						
13:00	Lunch						
14:00	Lunch						
15:00	Albufera lake	Zumba and yoga class at the beach	VCF Training session	Football Video Analisis	Aquarium and Science Museum	Barcelona trip	Paella Dinner
16:00							
17:00				River walk			
18:00							
19:00	Dinner		Dinner & World Cup		Dinner		
20:00	Dinner		Dinner & World Cup		Dinner		
21:00	Dinner		Dinner & World Cup		Dinner		
22:00	Rest						