	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	
07.30 - 09.30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Rise & Shine Breakfast
09.30 - 12.30		Sports and English Language Assessment	Sports Coaching or English Language Classes	Sports Coaching or English Language Classes	Sports Coaching or English Language Classes	Sports Tournament or English Language Classes	Excursion to Theme Park or visit to Arsenal Emirates Stadium	
12.30 - 14.30		Optional Swim Lunch / rest	Optional Swim Lunch / rest	Optional Swim Lunch / rest	Optional Swim Lunch / rest	Optional Swim Lunch / rest	Packed Lunches	
14.30 - 18.00	Arrivals and Sports for all	Academy Sport, Multi-sport or English Language Classes	Academy Sport, Multi-sport or English Language Classes	Academy Sport, Multi-sport or English Language Classes	Academy Sport, Multi-sport or English Language Classes	Sports Tournament or English Language Classes	Excursion continued	Excursion to Cultural venue
		Optional Swim	Optional Swim	Optional Swim	Optional Swim	Prize giving		
18.00 - 19.30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19.30 - 2100	Welcome reception & tour	Evening Entertainment: Highland Games	Evening Entertainment: Quiz Night	Evening Entertainment: Coach Hunt	Evening Entertainment: Karaoke	Evening Entertainment: Disco	Evening Entertainment: Film Night	Evening Entertainment: Treasure Hunt
21.00 - 22.30	Evening Entertainment and Fire Drill	Wind down time or bed	Wind down time or bed	Wind down time or bed	Wind down time or bed		Wind down time or bed	Wind down time or bed
	Back to your house	Back to your house	Back to your house	Back to your house	Back to your house		Back to your house	Back to your house
22.00 - 23.00	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out