

| Day | AM | Midday | PM | Evening |
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| Friday | | | | Arrive approx. 19:00 . Dinner served on arrival Welcome meeting 8.30pm |
| Saturday | Pool session group 1 08:30-10am Pool session group 2 10:00- 11:30 | Free time | Pool session Group 1 14:00 -15:00 Pool session group 2 15:00 – 16:00 | 18:00 – 19:00 Video reviews and presentation in the lounge with pre dinner drinks Dinner out at local restaurant 19:00 |
| Sunday | Sea swim Both groups 08:00 leave villa Return 10.00 | Free time | Pool session group 1 15:00-16:00 Pool session group 2 16:00-17:00 | 18:30 Pre dinner Presentation in lounge preparing for tomorrows sessions Dinner 19:00 |
| Monday | Sea swim Both groups 08:00 leave villa Return 10.00 | Free time | Pool session group 2 13:00-14:30 Pool session group 1 14:30-16:00 | 18:00 – 19:00 Video reviews and presentation in the lounge with pre dinner drinks Dinner served at 19:00 |
| Tuesday | Sea swim Both groups 08:00 leave villa Return 10.00 | 1030- 11:30 Optional tumble turn session | Pool session Group 1 15:00-16:00 Pool session Group 2 16:00- 17:00 | 18:30 Pre dinner Presentation in lounge preparing for tomorrows sessions Dinner served at 19:00 |
| Wednesday | Longer Sea swim Both groups 08:00 leave villa Return 10:30 | Free time | Free time | 18:00 – 19:00 Video reviews and presentation in the lounge with pre dinner drinks Dinner out at local restaurant 19:00 |
| Thursday | Pool session | Free time | Pool session | 18:30 Pre dinner |

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| | group 2 09:00-10:00 Pool session group 1 10.00-11.00 | | group 2 15:00-16:00 Pool session group 1 16:00-17:00 | Presentation in lounge preparing for tomorrows sessions Dinner served at 19:00 BBQ night |
| Friday | Longer Sea swim 08:00 leave villa Return 10:30 | Pool session group 2 13:00-13:45 Pool session group 1 13:45-14:45 | Leave Villa 16:15 for flight home | |