**AM Session**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 08:15 - 08:30 | Set up | Set up | Set up | Set up | Set up | Set up | Set up |
| 08:30 - 09:20 |  |  |  |  |  |  |  |
| 09:20 - 09:30 | Drink break | Drink break | Drink break | Drink break | Drink break | Drink break | Drink break |
| 09:30 - 10:20 |  |  |  |  |  |  |  |
| 10:20 - 10:40 | Drink break/quick walk | Drink break/quick walk | Drink break/quick walk | Drink break/quick walk | Drink break/quick walk | Drink break/quick walk | Drink break/quick walk |
| 10:40 - 11:20 |  |  |  |  |  |  |  |
| 11:20 - 11:30 | Drink break | Drink break | Drink break | Drink break | Drink break | Drink break | Drink break |
| 11:30 -12:30 |  |  |  |  |  |  |  |
| 12:30 - 13:00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |

**PM Session**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 13:00 - 13:50 |  |  |  |  |  |  |  |
| 13:50 - 14:00 | Drink break | Drink break | Drink break | Drink break | Drink break | Drink break | Drink break |
| 14:00 - 15:00 |  |  |  |  |  |  |  |
| 15:00 - 15:30 | Drink break/ walk | Drink break/walk | Drink break/walk | Drink break/walk | Drink break/walk | Drink break/walk | Drink break/walk |
| 15:30 - 16:20 |  |  |  |  |  |  |  |
| 16:20 - 16:30 | Drink break | Drink break | Drink break | Drink break | Drink break | Drink break | Drink break |
| 16:30 - 18:00  (10 min break 17:15) |  |  |  |  |  |  |  |
| 18:00 - 19:00 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 19:00 - 21:30  (15 min break 20:15) |  |  |  |  |  |  |  |