	DAY 1
9.30am	Meet and Greet
10am	WARM UPS
11am	Break
11.30am	Individual lesson 1
12 noon	Individual lesson 2
12.30pm	Lunch
1.30pm	Individual lesson 3
2pm	Individual lesson 4
2.30pm	Break
3pm	GROUP SESSION
4pm	End of day

	DAY 1
9.30am	Meet and Greet
10am	WARM UPS
11am	Break
11.30am	Individual lesson 1
12 noon	Individual lesson 2
12.30pm	Lunch
1.30pm	Individual lesson 3
2pm	Individual lesson 4
2.30pm	Break
3pm	GROUP SESSION
4pm	End of day

	DAY 1
9.30am	Meet and Greet
10am	WARM UPS
11am	Break
11.30am	Individual lesson 1
12 noon	Individual lesson 2
12.30pm	Lunch
1.30pm	Individual lesson 3
2pm	Individual lesson 4
2.30pm	Break
3pm	GROUP SESSION
4pm	End of day