

PRISON BREAK PROGRAMME

Sunday Reception day	18H00	Welcome, Administration, Orientation briefing
		Accommodation allocation and weigh in
	19H00	Light dinner
	20H30	Ablutions, shower etc.
	21H00	Final drinks available from kitchen - Tea, Coffee etc.
		Wake up and ablutions
Monday Day 1	07H00	Cycle
	09H30	Break for a light breakfast,liquids, fruit
	11H00	Cardio Karate - 2 hours
	13H30	Break for lunch and relaxation
	16H00	Hike / Canoe - duration approx. 2.5 hours (to and from venue)
	19H30	Dinner
	Note	Discuss days routines, any medical conditions and general questions
		Final drinks from the kitchen
		Wake up and ablutions
Tuesday Day 2	07H00	Cycle
	09H30	Break for a light breakfast,liquids, fruit
	11H00	Cardio Karate - 2 hours
	13H30	Break for lunch and relaxation
	16H00	Hike / Canoe - duration approx. 2.5 hours (to and from venue)
	19H30	Dinner
	Note	Discuss days routines, any medical conditions and general questions
		Final drinks from the kitchen
		Wake up and ablutions
Wednesday Day 3	07H00	Cycle
	09H30	Break for a light breakfast,liquids, fruit
	11H00	Cardio Karate - 2 hours
	13H30	Break for lunch and relaxation
	16H00	Hike / Canoe - duration approx. 2.5 hours (to and from venue)
	19H30	Dinner
	Note	Discuss days routines, any medical conditions and general questions
		Final drinks from the kitchen
		Wake up and ablutions
Thursday Day 4	07H00	Cycle
	09H30	Break for a light breakfast,liquids, fruit
	11H00	Cardio Karate - 2 hours
	13H30	Break for lunch and relaxation
	16H00	Hike / Canoe - duration approx. 2.5 hours (to and from venue)
	19H30	Dinner
	Note	Discuss days routines, any medical conditions and general questions
		Final drinks from the kitchen
		Wake up call, ablutions etc.
Friday Day 5	07H00	Cycle ride
	09H30	Break for a light breakfast,liquids, fruit
	11H00	Cardio Karate Session
	13H30	Lunch and relax
	16H00	Hike / Canoe activity
	19H30	Dinner
	20H00	Certificate presentation
Saturday Day 6	08H00	Coffee, light breakfast
	09H00	Camp Closes
	T B A	LEAVE FOR DAY CHARTER CRUISE

