



## SAMPLE OF SCHEDULE 4 activities per week

### WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WELCOME EVENING AT THE RESIDENCE	French standard courses					FREE TIME (or departure)
	Break and lunch *					
	MEET & GREET + WALK IN CAP D'ANTIBES	CROSS TRAINING	RECUPERATION DAY	ANTIBES-NICE BIKE RIDE	ORIENTEERING CHALLENGE FOREST PARK	

### WEEK 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WELCOME EVENING AT THE RESIDENCE	French standard courses					FREE TIME (or departure)
	Break and lunch *					
	MEET & GREET + CROSS TRAINING	CYCLING FOREST PARK	RECUPERATION DAY	TRAIL RUNNING	NORDIC WALKING	

## NOTES

- \* The meals are not included in this program.
- This timetable is given as a reference showing a sample of activity program, it may be subject to change due to operational reasons or according to weather forecast.

