

# AEROBIC GYMNASTIC TRAINING CAMP "AERO CAMP 2018", ALANTA, MOLĖTAI, LITHUANIA

Monday 06 th August, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	POLINA, HALL No. 2	ROMA HALL No. 1	MARINA HALL No. 2	VIKTORIJA HALL No. 1	JOLANTA M. HALL No. 2	IRINA HALL No. 2	JOLANTA A. HALL No. 3	KRISTINA/LIL È Outdoor space/HALL No. 3	VYTAUTAS Outdoor space/HALL No. 3	TAURAS Outdoor space/HALL No. 3	LORETA, VIOLETA HALL No. 4	Sport psychologists SARUNAS, PAULINA, RŪTA auditorium No.
8:00-12:00	The arrival of athletes												
11:00-12:00	LUNCH LAF 1, LAF 2, LAF 3, LAF 4 LUNCH BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2 LUNCH RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1;												
12:30-13:00													
13:00-13:30													
13:30-14:00	Recovery/Relax Time/Laisvas laikas												
14:00-15:00													
14:00-15:00	General Warm up LAURA (HALL No. 2) Zumba Kids (SEN, AG 2, AG 1) General Warm up AISTĖ (HALL No. 3) Zumba Kids (ND1, ND2)												
15:15-15:35													
15:15-15:35	PHYSICAL CAPACITY (EVALUATION) TESTS, Fizinio pajėgumo testai LAF +FIG ND2 (FIG 7) LORETA S., SAIVA, JOLANTA M., ROMA, VIKTORIJA, MARINA, LILJA, LAURA, KRISTINA												
15:35-17:30													
TIME SCHEDULE	MATTEO, HALL No. 2	POLINA, HALL No. 2	ROMA HALL No. 1	MARINA HALL No. 2	VIKTORIJA HALL No. 1	JOLANTA M. HALL No. 2	IRINA HALL No. 2	JOLANTA A. HALL No. 3	KRISTINA/LIL È Outdoor space/HALL No. 3	VYTAUTAS Outdoor space/HALL No. 3	TAURAS Outdoor space/HALL No. 3	LORETA, VIOLETA HALL No. 4	Sport psychologists SARUNAS, PAULINA, RŪTA auditorium No.
15:35-16:30	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 2					GREEN GROUP 4 (FIG 4) AG1, ND 2			YELLOW GROUP 3 (FIG 3) AG 1	PURPLE GROUP 6 (FIG 6) ND 1	BLUE GROUP 5 (FIG 5) ND 2	
16:30-17:30	ORANGE GROUP 2 (FIG 2) AG 2	RED GROUP 1 (FIG 1) SEN, AG 2					YELLOW GROUP 3 (FIG 3) AG 1	LIGHT BLUE GROUP 7 (FIG 7) ND 2		GREEN GROUP 4 (FIG 4) AG1, ND 2	BLUE GROUP 5 (FIG 5) ND 2	PURPLE GROUP 6 (FIG 6) ND 1	
17:30-18:00	SUPPER LAF 1, LAF 2, LAF 3, LAF 4,												
18:00-18:30	SUPPER BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
18:30-19:00	SUPPER RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
18:30-19:30	WELCOME EVENING/ASSIGNMENT OF TEAMS/DISCO Susipažinimo vakaras, komandų prisitaymai by GIEDRĖ, LAURA K., TAURAS, AISTĖ, VIRGIS CREATIVE WORKSHOP/Kūrybinės dirbtuvės SAIVA, LORETA SPITRYTĖ.												
19:00-21:00													
20:00-21:00	SNACKS												
21:00-21:30													
21:30	GOOD NIGHT												

# AEROBIC GYMNASTIC TRAINING CAMP "AERO CAMP 2018", ALANTA, MOLĖTAI, LITHUANIA

Tuesday 07<sup>th</sup> August, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	POLINA, HALL No. 2	ROMA HALL No. 1	MARINA HALL No. 2	VIKTORIJA HALL No. 1	JOLANTA M. HALL No. 2	IRINA HALL No. 2	JOLANTA A. HALL No. 3	LILJA Outdoor space/HALL No. 3	VYTAUTAS Outdoor space/HALL No. 3	TAURAS Outdoor space/HALL No. 3	LORETA, VIOLETA HALL No. 4	Sport psychologists SARUNAS, PAULINA, RŪTA auditorium No.
7:30	<b>GOOD MORNING</b>												
8:00-8:20	General Warm up LAURA (Outdoor space/HALL No. 2) Zumba Kids (SEN, AG 2, AG 1)												
8:00-8:20	General Warm up AISTĖ (Outdoor space/HALL No. 3) Zumba Kids (ND1, ND2)												
8:30-9:30	<b>RED GROUP 1 (FIG 1) SEN, AG 2</b>												
8:30-9:00	<b>BREAKFAST</b> LAF 1, LAF 2, LAF 3, LAF 4												
9:00-9:30	<b>BREAKFAST</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
9:30-10:00	<b>BREAKFAST</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
10:00-10:20	General Warm up JOLANTA M. Hall No 1 (BLUE GROUP 5 (FIG 5) ND 2; LIGHT BLUE GROUP 7 (FIG 7) ND 2; LAF 2, LAF 3, LAF 4; LAF 5)												
10:00-10:20	General Warm up MATTEO Hall No 2 (RED GROUP 1 SEN, AG 2; ORANGE GROUP 2 AG 2; YELLOW GROUP 3 AG 1; GREEN GROUP 4 AG 1, ND2; PURPLE GROUP 6 ND1; LAF 1)												
10:20-11:15	YELLOW GROUP 3 (FIG 3) AG 1	GREEN GROUP 4 (FIG 4) AG1, ND 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	BLUE GROUP 5 (FIG 5) ND 2	LAF 1	LAF 2	LAF 4	LAF 3	LAF 5	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 2	PURPLE GROUP 6 (FIG 6) ND 1	
11:15-12:15	GREEN GROUP 4 (FIG 4) AG1, ND 2	YELLOW GROUP 3 (FIG 3) AG 1	BLUE GROUP 5 (FIG 5) ND 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	LAF 2	LAF 1	PURPLE GROUP 6 (FIG 6) ND 1	LAF 4	LAF 3	ORANGE GROUP 2 (FIG 2) AG 2	LAF 5	RED GROUP 1 (FIG 1) SEN, AG 2	
12:30-13:00	<b>LUNCH</b> LAF 1, LAF 2, LAF 3, LAF 4												
13:00-13:30	<b>LUNCH</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
13:30-14:00	<b>LUNCH</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
14:00-15:00	Recovery/Relax Time												
14:00-15:00	<b>ORANGE GROUP 2 (FIG 2) AG 2</b>												
15:00-15:20	General Warm up GINTARĖ Hall No 1 (BLUE GROUP 5 (FIG 5) ND 2; LIGHT BLUE GROUP 7 (FIG 7) ND 2; LAF 2, LAF 3, LAF 4; LAF 5)												
15:00-15:20	General Warm up POLINA Hall No 2 (RED GROUP 1 SEN, AG 2; ORANGE GROUP 2 AG 2; YELLOW GROUP 3 AG 1; GREEN GROUP 4 AG 1, ND2; PURPLE GROUP 6 ND1; LAF 1)												
TIME SCHEDULE	MATTEO, HALL No. 2	POLINA, HALL No. 2	ROMA HALL No. 1	MARINA HALL No. 2	VIKTORIJA HALL No. 1	JOLANTA M. HALL No. 2	IRINA HALL No. 2	JOLANTA A. HALL No. 3	KRISTINA Outdoor space/HALL No. 3	VYTAUTAS Outdoor space/HALL No. 3	TAURAS Outdoor space/HALL No. 3	LORETA, VIOLETA HALL No. 4	Sport psychologists SARUNAS, PAULINA, RŪTA auditorium No.
15:20-16:15	PURPLE GROUP 6 (FIG 6) ND 1	BLUE GROUP 5 (FIG 5) ND 2	YELLOW GROUP 3 (FIG 3) AG 1	GREEN GROUP 4 (FIG 4) AG1, ND 2	LAF 4	LAF 3	ORANGE GROUP 2 (FIG 2) AG 2	LAF 2	LAF 5	LAF 1	RED GROUP 1 (FIG 1) SEN, AG 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	
16:15-17:15	BLUE GROUP 5 (FIG 5) ND 2	PURPLE GROUP 6 (FIG 6) ND 1	GREEN GROUP 4 (FIG 4) AG1, ND 2	YELLOW GROUP 3 (FIG 3) AG 1	LAF 3	LAF 4	LAF 2	LAF 5	LAF 1	RED GROUP 1 (FIG 1) SEN, AG 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	ORANGE GROUP 2 (FIG 2) AG 2	
17:30-18:00	<b>SUPPER</b> LAF 1, LAF 2, LAF 3, LAF 4												
18:00-18:30	<b>SUPPER</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
18:30-19:00	<b>SUPPER</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
18:30-19:30	<b>YELLOW GROUP 3 (FIG 3) AG 1</b>												
19:00-21:00	TEAMWORK SKILLS, GAMES by GIEDRĖ, LAURA K., LAURA M., TAURAS, VIRGIS												
19:00-21:30	CREATIVE WORKSHOP/Kūrybinės dirbtuvės SAIVA, LORETA SPITRYTĖ.												
21:00-21:30	SNACKS												
21:30	<b>GOOD NIGHT</b>												

# AEROBIC GYMNASIc TRAINING CAMP "AERO CAMP 2018", ALANTA, MOLĖTAI, LITHUANIA

Wednesday 08<sup>th</sup> August, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	POLINA, HALL No. 2	ROMA HALL No. 1	MARINA HALL No. 2	VIKTORIJA HALL No. 1	JOLANTA M. HALL No. 2	IRINA HALL No. 2	JOLANTA A. HALL No. 3	LILJA Outdoor space/HALL No. 3	VYTAUTAS Outdoor space/HALL No. 3	TAURAS Outdoor space/HALL No. 3	LORETA, VIOLETA HALL No. 4	Sport psychologists SARUNAS, PAULINA, RŪTA auditorium No.
7:30	<b>GOOD MORNING</b>												
8:00-8:20	General Warm up LAURA (Outdoor space/HALL No. 2) Zumba Kids (SEN, AG 2, AG 1)												
8:00-8:20	General Warm up AISTĖ (Outdoor space/HALL No. 3) Zumba Kids (ND1, ND2)												
8:30-9:30													
8:30-9:00	<b>BREAKFAST</b> LAF 1, LAF 2, LAF 3, LAF 4												
9:00-9:30	<b>BREAKFAST</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
9:30-10:00	<b>BREAKFAST</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
10:00-10:20	General Warm up GINTARĖ Hall No 1 (LIGHT BLUE GROUP 7 (FIG 7) ND 2; LAF 1, LAF 2, LAF 3, LAF 4; LAF 5)												
10:00-10:20	General Warm up MATTEO Hall No 2 (RED GROUP 1 SEN, AG 2; ORANGE GROUP 2 AG 2; YELLOW GROUP 3 AG 1; GREEN GROUP 4 AG 1, ND2; BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 ND1)												
10:20-11:15	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 2	LAF 1	LAF 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	LAF 5	BLUE GROUP 5 (FIG 5) ND 2	LAF 4	LAF 3	PURPLE GROUP 6 (FIG 6) ND 1	YELLOW GROUP 3 (FIG 3) AG 1	GREEN GROUP 4 (FIG 4) AG1, ND 2	
11:15-12:15	ORANGE GROUP 2 (FIG 2) AG 2	RED GROUP 1 (FIG 1) SEN, AG 2	LAF 2	LAF 1	LAF 5	LIGHT BLUE GROUP 7 (FIG 7) ND 2	LAF 3	BLUE GROUP 5 (FIG 5) ND 2	PURPLE GROUP 6 (FIG 6) ND 1	LAF 4	GREEN GROUP 4 (FIG 4) AG1, ND 2	YELLOW GROUP 3 (FIG 3) AG 1	
12:30-13:00	<b>LUNCH</b> LAF 1, LAF 2, LAF 3, LAF 4												
13:00-13:30	<b>LUNCH</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
13:30-14:00	<b>LUNCH</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
14:00-15:00	Recovery/Relax Time												
14:00-15:00													
15:00-15:20	General Warm up GINTARĖ Hall No 1 (LIGHT BLUE GROUP 7 (FIG 7) ND 2; LAF 1, LAF 2, LAF 3, LAF 4; LAF 5)												
15:00-15:20	General Warm up POLINA Hall No 2 (RED GROUP 1 SEN, AG 2; ORANGE GROUP 2 AG 2; YELLOW GROUP 3 AG 1; GREEN GROUP 4 AG 1, ND2; BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 ND1)												
15:20-16:15	LAF 3	LAF 4	PURPLE GROUP 6 (FIG 6) ND 1	BLUE GROUP 5 (FIG 5) ND 2	LAF 1	LAF 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	LAF 5	GREEN GROUP 4 (FIG 4) AG1, ND 2	RED GROUP 1 (FIG 1) SEN, AG 2	YELLOW GROUP 3 (FIG 3) AG 1	ORANGE GROUP 2 (FIG 2) AG 2	
16:15-17:15	LAF 4	LAF 3	BLUE GROUP 5 (FIG 5) ND 2	PURPLE GROUP 6 (FIG 6) ND 1	LAF 2	LAF 1	RED GROUP 1 (FIG 1) SEN, AG 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	YELLOW GROUP 3 (FIG 3) AG 1	GREEN GROUP 4 (FIG 4) AG1, ND 2	ORANGE GROUP 2 (FIG 2) AG 2	LAF 5	
17:30-18:00	<b>SUPPER</b> LAF 1, LAF 2, LAF 3, LAF 4												
18:00-18:30	<b>SUPPER</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
18:30-19:00	<b>SUPPER</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
18:30-19:30													
19:00-21:00	TALENT EVENING/Talentų vakaras GIEDRĖ, LAURA K., LAURA M., AISTĖ, VIRGIS												
19:00-21:00	CREATIVE WORKSHOP/Kūrybinės dirbtuvės SAIVA, LORETA SPITRYTĖ.												
21:00-21:30	<b>SNACKS</b>												
21:30	<b>GOOD NIGHT</b>												

**YELLOW GROUP 3 (FIG 3) AG 1**

**GREEN GROUP 4 (FIG 4) AG1, ND 2**

**ORANGE GROUP 2 (FIG 2) AG 2**

# AEROBIC GYMNASTIC TRAINING CAMP "AERO CAMP 2018", ALANTA, MOLĖTAI, LITHUANIA

Thursday 09<sup>th</sup> August, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	POLINA, HALL No. 2	HALL ROMA No. 1	MARINA HALL No. 2	VIKTORIJA HALL No. 1	JOLANTA M. HALL No. 2	IRINA HALL No. 2	JOLANTA A. HALL No. 3	LILLJA Outdoor space/HALL No. 3	VYTAUTAS Outdoor space/HALL No. 3	TAURAS Outdoor space/HALL No. 3	LORETA, VIOLETA HALL No. 4	Sport psychologists SARUNAS, PAULINA, RŪTA auditorium No.
7:30	<b>GOOD MORNING</b>												
8:00-8:20	General Warm up LAURA (Outdoor space/HALL No. 2) Zumba Kids (SEN, AG 2, AG 1)												
8:00-8:20	General Warm up AISTĖ (Outdoor space/HALL No. 3) Zumba Kids (ND1, ND2)												
8:30-9:30													LAF 1
8:30-9:00	<b>BREAKFAST</b> LAF 1, LAF 2, LAF 3, LAF 4												
9:00-9:30	<b>BREAKFAST</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
9:30-10:00	<b>BREAKFAST</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
10:00-10:20	General Warm up GINTARĖ Hall No 1 (LIGHT BLUE GROUP 7 (FIG 7) ND 2; LAF 1, LAF 2, LAF 3, LAF 4; LAF 5)												
10:00-10:20	General Warm up MATTEO Hall No 2 (RED GROUP 1 SEN, AG 2; ORANGE GROUP 2 AG 2; YELLOW GROUP 3 AG 1; GREEN GROUP 4 AG 1, ND2; BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 ND1)												
10:20-11:15	YELLOW GROUP 3 (FIG 3) AG 1	GREEN GROUP 4 (FIG 4) AG1, ND 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	LAF 5	PURPLE GROUP 6 (FIG 6) ND 1	BLUE GROUP 5 (FIG 5) ND 2	LAF 3	LAF 4	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 2	LAF 1	LAF 2	
11:15-12:15	GREEN GROUP 4 (FIG 4) AG1, ND 2	YELLOW GROUP 3 (FIG 3) AG 1	LAF 5	LIGHT BLUE GROUP 7 (FIG 7) ND 2	BLUE GROUP 5 (FIG 5) ND 2	PURPLE GROUP 6 (FIG 6) ND 1	LAF 4	LAF 3	ORANGE GROUP 2 (FIG 2) AG 2	RED GROUP 1 (FIG 1) SEN, AG 2	LAF 2	LAF 1	
12:30-13:00	<b>LUNCH</b> LAF 1, LAF 2, LAF 3, LAF 4												
13:00-13:30	<b>LUNCH</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
13:30-14:00	<b>LUNCH</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
13:00-18:00	A TRIP/ Išvyka												
18:00-18:30	<b>SUPPER</b> LAF 1, LAF 2, LAF 3, LAF 4												
18:30-19:00	<b>SUPPER</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
19:00-19:30	<b>SUPPER</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
20:00-21:00													<b>YELLOW GROUP 3 (FIG 3) AG 1</b>
20:00-21:00	CREATIVE WORKSHOP/Kūrybinės dirbtuvės SAIVA, LORETA SPITRYTĖ.												
21:00-21:30	<b>SNACKS</b>												
21:30	<b>GOOD NIGHT</b>												

# AEROBIC GYMNASTIC TRAINING CAMP "AERO CAMP 2018", ALANTA, MOLĖTAI, LITHUANIA

Friday 10<sup>th</sup> August, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	POLINA, HALL No. 2	ROMA HALL No. 1	MARINA HALL No. 2	VIKTORIJA HALL No. 1	JOLANTA M. HALL No. 2	IRINA HALL No. 2	JOLANTA A. HALL No. 3	LILLJA Outdoor space/HALL No. 3	VYTAUTAS Outdoor space/HALL No. 3	TAURAS Outdoor space/HALL No. 3	LORETA, VIOLETA HALL No. 4	Sport psychologists SARUNAS, PAULINA, RŪTA auditorium No.
7:30	<b>GOOD MORNING</b>												
8:00-8:20	General Warm up LAURA (Outdoor space/HALL No. 2) Zumba Kids (SEN, AG 2, AG 1)												
8:00-8:20	General Warm up AISTĖ (Outdoor space/HALL No. 3) Zumba Kids (ND1, ND2)												
8:30-9:30	RED GROUP 1 (FIG 1) SEN, AG 2												
8:30-9:00	<b>BREAKFAST</b> LAF 1, LAF 2, LAF 3, LAF 4												
9:00-9:30	<b>BREAKFAST</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
9:30-10:00	<b>BREAKFAST</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
10:00-10:20	General Warm up GINTARĖ Hall No 1 (LIGHT BLUE GROUP 7 (FIG 7) ND 2; LAF 1, LAF 2, LAF 3, LAF 4; LAF 5)												
10:00-10:20	General Warm up MATTEO Hall No 2 (RED GROUP 1 SEN, AG 2; ORANGE GROUP 2 AG 2; YELLOW GROUP 3 AG 1; GREEN GROUP 4 AG 1, ND2; BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 ND1)												
10:20-11:15	LAF 1	LAF 2	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 2	PURPLE GROUP 6 (FIG 6) ND 1	GREEN GROUP 4 (FIG 4) AG1, ND 2	YELLOW GROUP 3 (FIG 3) AG 1	LAF 5	BLUE GROUP 5 (FIG 5) ND 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	LAF 4	LAF 3	
11:15-12:15	LAF 2	LAF 1	ORANGE GROUP 2 (FIG 2) AG 2	RED GROUP 1 (FIG 1) SEN, AG 2	GREEN GROUP 4 (FIG 4) AG1, ND 2	PURPLE GROUP 6 (FIG 6) ND 1	LIGHT BLUE GROUP 7 (FIG 7) ND 2	LAF 3	LAF 5	YELLOW GROUP 3 (FIG 3) AG 1	BLUE GROUP 5 (FIG 5) ND 2	LAF 4	
12:30-13:00	<b>LUNCH</b> LAF 1, LAF 2, LAF 3, LAF 4												
13:00-13:30	<b>LUNCH</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
13:30-14:00	<b>LUNCH</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
14:00-15:00	Recovery/Relax Time												
14:00-15:00	GREEN GROUP 4 (FIG 4) AG1, ND 2												
15:00-15:20	General Warm up GINTARĖ Hall No 1 (LIGHT BLUE GROUP 7 (FIG 7) ND 2; LAF 1, LAF 2, LAF 3, LAF 4; LAF 5)												
15:00-15:20	General Warm up POLINA Hall No 2 (RED GROUP 1 SEN, AG 2; ORANGE GROUP 2 AG 2; YELLOW GROUP 3 AG 1; GREEN GROUP 4 AG 1, ND2; BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 ND1)												
15:20-16:15	LIGHT BLUE GROUP 7 (FIG 7) ND 2	BLUE GROUP 5 (FIG 5) ND 2	LAF 3	PURPLE GROUP 6 (FIG 6) ND 1	LAF 4	LAF 5	LAF 1	YELLOW GROUP 3 (FIG 3) AG 1	LAF 2	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 2	GREEN GROUP 4 (FIG 4) AG1, ND 2	
16:15-17:15	BLUE GROUP 5 (FIG 5) ND 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	PURPLE GROUP 6 (FIG 6) ND 1	LAF 3	LAF 5	LAF 4	GREEN GROUP 4 (FIG 4) AG1, ND 2	LAF 2	LAF 1	ORANGE GROUP 2 (FIG 2) AG 2	RED GROUP 1 (FIG 1) SEN, AG 2	YELLOW GROUP 3 (FIG 3) AG 1	
17:30-18:00	<b>SUPPER</b> LAF 1, LAF 2, LAF 3, LAF 4												
18:00-18:30	<b>SUPPER</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
18:30-19:00	<b>SUPPER</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
18:30-19:30	YELLOW GROUP 3 (FIG 3) AG 1												
19:00-21:00	ACTIVITY GAMES/Sportiniai žaidimai GIEDRĖ, LAURA K., LAURA M., AISTĖ, VIRGIS												
19:00-21:00	Sport psychology Work Shop/Sporto psichologijos Work shop ŠARŪNAS												
21:00-21:30	<b>SNACKS</b>												
21:30	<b>GOOD NIGHT</b>												

# AEROBIC GYMNASTIC TRAINING CAMP "AERO CAMP 2018", ALANTA, MOLĖTAI, LITHUANIA

Saturday 11<sup>th</sup> August, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	POLINA, HALL No. 2	ROMA HALL No. 1	MARINA HALL No. 2	VIKTORIJA HALL No. 1	JOLANTA M. HALL No. 2	IRINA HALL No. 2	JOLANTA A. HALL No. 3	LILLJA Outdoor space/HALL No. 3	VYTAUTAS Outdoor space/HALL No. 3	TAURAS Outdoor space/HALL No. 3	LORETA, VIOLETA HALL No. 4	Sport psychologists SARUNAS, PAULINA, RŪTA auditorium No.
7:30	<b>GOOD MORNING</b>												
8:00-8:20	General Warm up LAURA (Outdoor space/HALL No. 2) Zumba Kids (SEN, AG 2, AG 1)												
8:00-8:20	General Warm up AISTĖ (Outdoor space/HALL No. 3) Zumba Kids (ND1, ND2)												
8:30-9:30	<b>RED GROUP 1 (FIG 1) SEN, AG 2</b>												
8:30-9:00	<b>BREAKFAST</b> LAF 1, LAF 2, LAF 3, LAF 4												
9:00-9:30	<b>BREAKFAST</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
9:30-10:00	<b>BREAKFAST</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
10:00-10:20	General Warm up GINTARĖ Hall No 1 (LIGHT BLUE GROUP 7 (FIG 7) ND 2; LAF 1, LAF 2, LAF 3, LAF 4; LAF 5)												
10:00-10:20	General Warm up MATTEO Hall No 2 (RED GROUP 1 SEN, AG 2; ORANGE GROUP 2 AG 2; YELLOW GROUP 3 AG 1; GREEN GROUP 4 AG 1, ND2; BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 ND1)												
10:20-11:15	YELLOW GROUP 3 (FIG 3) AG 1	GREEN GROUP 4 (FIG 4) AG1, ND 2	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	BLUE GROUP 5 (FIG 5) ND 2	LAF 2	LAF 5	LAF 4	LAF 1	LAF 3	PURPLE GROUP 6 (FIG 6) ND 1	
11:15-12:15	GREEN GROUP 4 (FIG 4) AG1, ND 2	YELLOW GROUP 3 (FIG 3) AG 1	ORANGE GROUP 2 (FIG 2) AG 2	RED GROUP 1 (FIG 1) SEN, AG 2	BLUE GROUP 5 (FIG 5) ND 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	PURPLE GROUP 6 (FIG 6) ND 1	LAF 2	LAF 1	LAF 4	LAF 5	LAF 3	
12:30-13:00	<b>LUNCH</b> LAF 1, LAF 2, LAF 3, LAF 4												
13:00-13:30	<b>LUNCH</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2												
13:30-14:00	<b>LUNCH</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1;												
14:00-15:00	Recovery/Relax Time												
14:00-15:00	<b>ORANGE GROUP 2 (FIG 2) AG 2</b>												
15:00-15:20	General Warm up SAIVA Hall No 1 (LIGHT BLUE GROUP 7 (FIG 7) ND 2; LAF 1, LAF 2, LAF 3, LAF 4; LAF 5)												
15:00-15:20	General Warm up POLINA Hall No 2 (RED GROUP 1 SEN, AG 2; ORANGE GROUP 2 AG 2; YELLOW GROUP 3 AG 1; GREEN GROUP 4 AG 1, ND2; BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 ND1)												
15:20-16:15	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 2	LAF 1	LAF 2	LAF 3	LAF 5	LAF 4	PURPLE GROUP 6 (FIG 6) ND 1	YELLOW GROUP 3 (FIG 3) AG 1	GREEN GROUP 4 (FIG 4) AG1, ND 2	LIGHT BLUE GROUP 7 (FIG 7) ND 2	BLUE GROUP 5 (FIG 5) ND 2	
16:15-17:15	ORANGE GROUP 2 (FIG 2) AG 2	RED GROUP 1 (FIG 1) SEN, AG 2	LAF 2	LAF 1	LAF 5	LAF 3	BLUE GROUP 5 (FIG 5) ND 2	LAF 4	GREEN GROUP 4 (FIG 4) AG1, ND 2	YELLOW GROUP 3 (FIG 3) AG 1	PURPLE GROUP 6 (FIG 6) ND 1	LIGHT BLUE GROUP 7 (FIG 7) ND 2	
17:30-18:00	<b>SUPPER</b> LAF 1, LAF 2, LAF 3, LAF 4												
18:00-18:30	<b>SUPPER</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
18:30-19:00	<b>SUPPER</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
18:30-19:30	<b>GREEN GROUP 4 (FIG 4) AG1, ND 2</b>												
19:00-21:00	SEARCH OF TREASURE/ BEACH PARTY /Lobio paieška/Paplūdimio vakarėlis GIEDRĖ, LAURA K., LAURA M., AISTĖ, TAURAS, VIRGIS, SAIVA												
21:00-21:30	<b>SNACKS</b>												
21:30	<b>GOOD NIGHT</b>												

# AEROBIC GYMNASTIC TRAINING CAMP "AERO CAMP 2018", ALANTA, MOLĖTAI, LITHUANIA

Sunday 12<sup>th</sup> August, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	POLINA, HALL No. 2	ROMA HALL No. 1	MARINA HALL No. 2	VIKTORIJA HALL No. 1	JOLANTA M. HALL No. 2	IRINA HALL No. 2	JOLANTA A. HALL No. 3	LILJA Outdoor space/HALL No. 3	VYTAUTAS Outdoor space/HALL No. 3	TAURAS Outdoor space/HALL No. 3	LORETA, VIOLETA HALL No. 4	Sport psychologists SARUNAS, PAULINA, RŪTA auditorium No.
7:30	<b>GOOD MORNING</b>												
8:00-8:20	General Warm up LAURA (Outdoor space/HALL No. 2) Zumba Kids (SEN, AG 2, AG 1)												
8:00-8:20	General Warm up AISTĖ (Outdoor space/HALL No. 3) Zumba Kids (ND1, ND2)												
8:30-9:30													LAF 1
8:30-9:00	<b>BREAKFAST</b> LAF 1, LAF 2, LAF 3, LAF 4												
9:00-9:30	<b>BREAKFAST</b> BLUE GROUP 5 (FIG 5) ND 2; PURPLE GROUP 6 (FIG 6) ND1; GREEN GROUP 4 (FIG 4) AG 1, ND2; LAF 5												
9:30-10:00	<b>BREAKFAST</b> RED GROUP 1 (FIG 1) SEN, AG 2; ORANGE GROUP 2 (FIG 2) AG 2; YELLOW GROUP 3 (FIG 3) AG 1; LIGHT BLUE GROUP 7 (FIG 7)												
11:00-14:00	<b>AEROBIC GYMNASTIC COMPETITION "AERO CAMP 2018", ALANTA, MOLĖTAI, LITHUANIA</b>												
	DEPARTURE/FAREWELL TO YOUR FRIENDS/ Išvykimas, atsisveikinimas su draugais												