PALENCIA FOOTBALL ACADEMY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	BREAKFAST						
8:40	BUS DEPARTURE					FOOTBALL MATCH	LEISURE ACTIVITIES
9:00/11:15	PALENCIA JUNIOR COLLEGE SPANISH CLASSES – SPORTS EDUCATION PROGRAMME – ONLINE						
11:15/11:45	BREAK						
11:45/13:30	PFA TRAINING	PFA TRAINING	PFA TRAINING	PFA TRAINING	PFA TRAINING		
13:45	BUS DEPARTURE						
14:00	LUNCH						
14:45/16:15	REST						
16:30	DEPARTURE FOR TRAINING					FREE TIME	
16:30/18:30	GYM SESSION	AFFILIATED CLUB TRAINING	GYM SESSION	AFFILIATED CLUB TRAINING	AFFILIATED CLUB TRAINING		
18:30	RETURN TO THE RESIDENCE						
19:00/20:30	STUDY TIME SPANISH FOR INTERNATIONAL STUDENTS – SPORTS EDUCATION – ONLINE						
21:00	DINNER						
21:45	STUDY TIME AND/OR FREE TIME						
23:00	BEDTIME						