ALAÏA AUTUMN CAMPS 2021 - PROGRAM MOUNTAIN CAMPS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30		Breakfast & transfer	Breakfast & transfer	Breakfast & transfer	Breakfast & transfer	Breakfast & transfer	Breakfast & transfer
09:00		Warm-up	Warm-up		Warm-up		
09:30		Action Sports Free Session Trampoline - Parkour Alaïa Chalet	Action Sports Free Session Skatepark indoor & outdoor Alaïa Chalet	Surf Session Alaia Bay	Action Sports Free Session Trampoline - Parkour Alaïa Chalet	Outdoor activity Pool - Climbing - Tie Dye - Minigolf - Free Session	GoPro Editing
							End of Camp Demo
						Transfer outdoor activity - Alaïa Chalet	Awarding of diplomas
12:00		Lunch	Lunch	Lunch Alaïa Bay	Lunch	Lunch	
		Transfer Alaïa Chalet - Bike	Transfer Alaïa Chalet - Crans-Montana		Transfer - Climbing hall	Transfer Alaïa Chalet - Bike	
13:00		Bike Crans-Montana Lac Moubra	Mountain Tours Violettes sector	Session skydiving Realfly	Climbing Moubra Hall	Downhill Bike Park Crans-Montana	
				Transfer --> Alaia Chalet			
16:30		Snack	Snack	Snack	Snack	Snack	
17:00	"Ride & Sleep" Welcoming Visit Alaïa Chalet	Stretching & Relax Alaïa Lodge	Stretching & Relax Alaïa Lodge	Action Sports Free Session Alaïa Chalet	Stretching & Relax Alaïa Lodge	Stretching & Relax Alaïa Lodge	
18:30	Transfer - shower & relax			Transfer - shower & relax			
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:00	Welcoming Night	Movie Night	Outdoor games (Ping Pong / Petanque / KUBB)	Game night	Quiz night	Goodbye Night	
22:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	