

Deň/Čas	Nedeľa	Pondelok	Utorok	Streda	Štvrtok	Piatok	Sobota
7:00 - 7:30							
7:30 - 9:00			SKILLS TRAINING	FITNESS PROGRAM	INDIVIDUAL TRAINING	TACTIC	
10:00 - 11:00							
15:30 - 16:45	SKILLS TRAINING		SKILLS TRAINING	FITNESS PROGRAM (SPEED, AGILITY, COORDINATION)			
16:30 - 18:00	MENTALNA PRIPRAVA (workshop)	FITNESS PROGRAM (SPEED, AGILITY, COORDINATION)			SKILLS TRAINING & FITNESS		
18:00 - 19:00	ENERGY (yoga, koncentrácia, ice water, vizual))	ENERGY (yoga, koncentrácia, ice water, vizual))			ENERGY (yoga, koncentrácia, ice water, vizual))		
19:00 - 20:00							

Týždenný harmonogram BR ACADEMY 2023: **STANDARD/PROFI (JUNIOR) & CHAMPION**

Deň/Čas	Nedeľa	Pondelok	Utorok	Streda	Štvrtok	Piatok	Sobota
7:00 - 7:30							
7:30 - 9:00			SKILLS TRAINING	FITNESS PROGRAM	INDIVIDUAL TRAINING	TACTIC	
10:00 - 11:00							
15:30 - 16:30	SKILLS TRAINING & FITNESS		SKILLS TRAINING	FITNESS PROGRAM (SPEED, AGILITY, COORDINATION)			
16:30 - 18:00	MENTALNA PRIPRAVA	FITNESS PROGRAM (SPEED, AGILITY, COORDINATION)		mini CHAMPION	SKILLS TRAINING & FITNESS	mini CHAMPION	
18:00 - 19:00	ENERGY	ENERGY			ENERGY		
19:00 - 20:00							