

GAA TEAM PERFORMANCE CAMP 2025

FRIDAY 23 RD		SATURDAY 24 TH		SUNDAY 25 TH	
12:30 - 1:00	CHECK IN				
1:00 - 1:20	WARM UP	11:00 - 11:20	WARM UP	9:00 - 9:20	WARM UP
1:20 - 1:55	Rotation 1	11:20 - 12:00	Rotation 1	9:20 - 9:55	Rotation 1
1:55 - 2:30	Rotation 2	12:00 - 12:40	Rotation 2	9:55 - 10:30	Rotation 2
2:30 - 3:05	Rotation 3	12:40 - 1:20	Rotation 3	10:30 - 11:05	Rotation 3
3:05 - 3:40	Rotation 4	1:20 - 2:00	Rotation 4	11:05 - 11:40	Rotation 4
3:40 - 4:15	Rotation 5	2:00 - 2:50	Rotation 5	11:40 - 12:15	Rotation 5
4:15 - 4:45	SNACK	2:50 - 3:30	LUNCH	12:15 - 12:45	SNACK
4:45 - 5:20	Rotation 6	3:30 - 3:45	WARM UP	12:45 - 1:20	Rotation 6
5:20 - 5:55	Rotation 7	3:45 - 4:20	Rotation 6	1:20 - 1:55	Rotation 7
5:55 - 6:30	Rotation 8	4:20 - 4:55	Rotation 7	1:55 - 1:30	Rotation 8
6:30 - 7:05	Rotation 9	4:55 - 5:30	Rotation 8	1:30 - 2:05	Rotation 9
		5:30 - 6:05	Rotation 9		