



ALAÏA AUTUMN CAMPS - 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	Transfert Alaïa Bay	Warm-up	Outdoor activity Pool - Climbing - Tie Dye - Minigolf - Free Session  Transfer outdoor activity - Alaïa Chalet	GoPro Editing
09:30		Action Sports Free Session Trampoline - Parkour @Alaïa Chalet	Action Sports Free Session Skatepark indoor & outdoor Alaïa Chalet	Session de Surf Débutant @Alaïa Bay	Action Sports Free Session Trampoline - Parkour Alaïa Chalet		
							Awarding of diplomas
12:00		Lunch	Lunch	Lunch @Twin Fin, Alaïa Bay	Lunch	Lunch	
13:00		Transfer Alaïa Chalet - Bike	ansfer Alaïa Chalet - Crans-Monta	Transfert Alaïa Bay - Realfly	Transfer - Climbing hall	Transfer Alaïa Chalet - Bike	
		Bike Crans-Montana Lac Moubra	Mountain Tours Violettes sector	Session Simulateur de chute libre @Realfly	Climbing Moubra Hall	Downhill Bike Park Crans-Montana	
				Transfer --> Alaïa Chalet			
16:30		Snack	Snack	Snack	Snack	Snack	
17:00		"Ride & Sleep" Welcoming	Stretching & Relax Alaïa Lodge	Stretching & Relax Alaïa Lodge	Action Sports Free Session Alaïa Chalet	Stretching & Relax Alaïa Lodge	Stretching & Relax Alaïa Lodge
	Visit Alaïa Chalet						
18:30	Transfer - shower & relax	Transfer - shower & relax					
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:00	Welcoming Night	Evening Activities: Movie, Quizz, Boardgames, Outdoor games..	Evening Activities: Movie, Quizz, Boardgames, Outdoor games..	Evening Activities: Movie, Quizz, Boardgames, Outdoor games..	Evening Activities: Movie, Quizz, Boardgames, Outdoor games..	Goodbye Night	
22:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	