



ALAIA CAMPS HIVER 2023-2024 - PROGRAMME SNOW CAMPS

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
08:30	Acceuil Ride Only					
08:45			Transfert Chalet - Salle de grimpe Moubra			
09:00	Initiation GoPro	Photo de Groupe en Montagne	Grimpe @ Salle Moubra	Explore Domaine CMA	GoPro Editing	GoPro Editing / Coaching Session Trampoline / Skate / Trottinette
09:30	Echauffement	Snow Session 2 "Park & Pipe"			Echauffement	
10:00	Coaching Session Trampoline / Skate / Trottinette				Coaching Session Trampoline / Skate / Trottinette	
10:30					Remise de Diplomes	
11:00						
11:30						
12:00	Lunch	Lunch @ Restaurant Cry d'Er	Lunch	Lunch @ Restaurant Cry d'Er	Lunch	
12:45	Change	Descente en station	Change	Descente en station	Change	
13:00	Transfert Chalet - Snowpark		Transfert Chalet - Snowpark		Transfert Chalet - Snowpark	
13:15	Snow Session 1 "Explore & Snowpark Rules"	Snow Session 3 "Videocoaching Snowpark"	Snow Session 4 "Park & Pipe"	Free Session "on snow" Domaine CMA	Snow Session 5 "Enjoy"	
15:00					Tricks4Goodies	
16:30	Transfert Snowpark - Chalet	Transfert Snowpark - Chalet	Transfert Snowpark - Chalet	Transfert Snowpark - Chalet	Transfert Snowpark - Chalet	
17:00	Goûter	Goûter	Goûter	Goûter	Goûter	
17:30	Free Session @Alaia Chalet	Analyse Videocoaching @Alaia Chalet	Free Session @Alaia Chalet	Analyse Videocoaching @Alaia Chalet	Free Session @Alaia Chalet	
18:00						