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| Monday​ | Tuesday​ | Wednesday​ | Thursday​ | Friday​ |
| 5am Swimming training​ | 4am Violin lesson | 3am Choir practice | ​2am Learning Arabic | ​1am Triangle lesson, grade 5 |
| 6am Clarinet lesson​ | 5am Stilt-walking practice | ​4am Long-jump training | ​3am Dance lesson, break dance, hip-hop, krumping | ​2am Badminton |
| 7am Dance lesson, tap and contemporary jazz​ | 6am Chess Society | ​5am High-jump training | ​4am Oboe lesson | ​3am Archery |
| 8am Dance lesson, ballet​ | 7am Learning Japanese | ​6am Long-jump training again | ​5am Tour de France cycle training | ​4am Fly to Switzerland for ski-jump practice |
| 9am – 4pm School​ | 8am Flower-arranging class | ​7am Trombone lesson | ​6am Bible studies | ​6am Do quick ski-jump and then board outbound flight |
| 4pm Drama lesson, improvisation and movement​ | 9am – 4pm School | ​8am Scuba-diving | ​7am Gymnastics training | ​8am Thai kick-boxing (remember to take skis off) |
| 5pm Piano lesson​ | 4pm Creative writing workshop | ​9am – 4pm School | ​8am Calligraphy class | ​9am – 4pm – School |
| 6pm Brownies​ | 5pm Porcelain frog painting class | ​4pm Chef training | ​9am – 4pm School | ​4pm Channel swimming training |
| 7pm Girls' Brigade​ | 6pm Harp practice | ​5pm Mountain climbing | ​4pm Work experience shadowing a brain surgeon | ​5pm Motorbike maintenance workshop |
| 8pm Javelin Practice​ | 7pm Watercolour painting class | ​6pm Tennis | ​5pm Opera singing lesson | ​6pm Candle making |
|  | 8pm Dance class, ballroom | 7pm Drama workshop, Shakespeare and his contemporaries | 6pm NASA space exploration workshop | 7pm Otter rearing class |
|  |  | 8pm Show jumping | 7pm Cake baking class, level 5 | 8pm Television viewing a choice between a documentary or Polish cartoon |
|  |  |  | 8pm Attend lecture on ‘A History of Victorian Moustaches’ |  |