

China National Olympic Training Center

Sample Schedule

This is a sample schedule with times and lectures subject to change.



	Day	Morning	Afternoon	Evening
Sat.	Day 1	Depart LAX	Cross International	Dateline
Sun.	Day 2	Arrive Beijing	Open	
Mon.	Day 3	Orientation	Basic Hand Techniques	Training Center Banquet
Tue.	Day 4	Hospital Clinic	Basic Hand Techniques	
Wed.	Day 5	Hospital Clinic	Lower Back Pain	
Thu.	Day 6	Hospital Clinic	Disorders of the Knee	
Fri.	Day 7	Hospital Clinic	Sports Training School	Central Asian Banquet*
Sat.	Day 8	Temple of Heaven	Forbidden City	
Sun.	Day 9	Great	Wall	
Mon.	Day 10	Hospital Clinic	Ankle Sprain	
Tue.	Day 11	Hospital Clinic	Periarthritis of Shoulder	
Wed.	Day 12	Hospital Clinic	External Herbs	Imperial Banquet*
Thu.	Day 13	Hospital Clinic	Graduation	
Fri.	Day 14	Depart Beijing	Home/Optional Travel*	

* Indicates optional activity with an additional fee.