

01.07.20	0600-0620	All	PT	Range	OR-7 V. Buivids	ICE				
	0620-0700		Hygiene							
	0700-0800		Breakfast							
	0800-0900		Deprature to training area							
	0900-1300		CQB LFX reaction and firing in different directions with change of stance							
	1300-1400		Lunch							
	1400-1900		CQB LFX reaction and firing in different directions with change of stance							
	1900-2000		Dinner				Camp Ādaži	Camp DO	BDU	
	2000-2100		Weapons and equipment maintenance/ Preparation for next day							
	2100		Evening lineup							
	2115-2300		Hygiene							
	2300		Sleep							
			Wake up call							
02.07.20	0600	All	Wake up call	Range	OR-7 V. Buivids	ICE				
	0600-0620		PT							
	0620-0700		Hygiene							
	0700-0800		Breakfast							
	0800-0900		Deprature to training area							
	0900-1300		CQB LFX reaction and firing in different directions with change of stance after quick stop							
	1300-1400		Lunch							
	1400-1900		CQB LFX reaction and firing in different directions with change of stance after quick stop							
	1900-2000		Dinner				Camp Ādaži	Camp DO	BDU	
	2000-2100		Weapons and equipment maintenance/ Preparation for next day							
	2100		Evening lineup							
	2115-2300		Hygiene							
	2300		Sleep							
	Wake up call									
03.07.20	0600		Wake up call							
	0600-0620		PT							

	0620-0700	All	Hygiene	Range	OR-7 V. Buivids	ICE	
	0700-0800		Breakfast				
	0800-0900		Deprature to training area				
	0900-1300		CQB LFX reaction and firing/ misfire fixing				
	1300-1400		Lunch				
	1400-1900		CQB LFX reaction and firing/ misfire fixing				
	1900-2000		Dinner				
	2000-2100		Weapons and equipment maintenance/ Preparation for next day				
	2100		Evening lineup				
	2115-2300		Hygiene				
	2300		Sleep				
	04.07.20		0600				All
0620-0700		Hygiene					
0700-0800		Breakfast					
0800-1300		Weapons/equipment hand-over					
1300-1400		Lunch					
1400-1500		ADMIN					
1500		Departure to NDAL					
1800		Closing dinner	TBD	CIV Z.Ribakova	Civilian	Provided by NDAL	
05.07.20	All day	All	Departure		CIV Z.Ribakova	Civilian	Provided by NDAL