



**MONDAY**  
16th January

**TUESDAY**  
17th January

**WEDNESDAY**  
18th January

**THURSDAY**  
19th January

**FRIDAY**  
20th January

**SATURDAY**  
21st January

MONDAY 16th January		TUESDAY 17th January		WEDNESDAY 18th January		THURSDAY 19th January		FRIDAY 20th January		SATURDAY 21st January	
				06:45	Hoofbeats Tour of Gallops Pick up at Reception						
08:00	Breakfast (If Required)	08:30	Breakfast	08:00	Breakfast	08:00	Breakfast	08:00	Breakfast	08:30	Breakfast
09:00	Course Briefing Jockey Coach	08:30	Equichute Steve Smith Eccles	08:30	Riding Out Jockey Coach	08:30	Simulator Training Jockey Coach	08:30	Final Simulator Assessment Jockey Coach	09:00	DEPART
10:00	Tea/Coffee Break										
10:30	The Balanced Body Position Jockey Coach	10:15	Tea/Coffee Break	10:30	Tea/Coffee Break	10:15	Tea/Coffee Break	10:00	Tea/Coffee Break		
		10:30	Riding Out Jockey Coach	10:45	Simulator Training Jockey Coach	10:45	Riding Out Jockey Coach	10:15	Riding Out Jockey Coach		
11:30	Simulator Assessment Jockey Coach							12:30	Questionnaire and Summary Operations Director		
12:30	Lunch	12:30	Lunch	12:00	Lunch	13:00	Lunch				
13:00	Ride Out Jockey Coach	13:00	Diet and Nutrition Julia Scott Douglas	12:30	Racing to Southwell	14:00	JIM Team Kevin Hunt	12:45	Lunch		
15:30	Tea/Coffee Break	14:15	Tea/Coffee Break					13:30	Free time to visit Newmarket		
15:45	Principles of Riding Work & Assessing Horses Jockey Coach	14:30	Simulator Training Jockey Coach			16:00	Simulator Training Jockey Coach				
17:00	Evening Meal	17:00	Evening Meal			17:00	Evening Meal	17:00	Evening Meal		
		18:30	Fitness Assessment	18:30	Evening Meal						