

# ACROBATIC GYMNASTICS Training Schedule JULY 2018

| Sunday                | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  |
|-----------------------|--|---|---|--|--|---|
| 1<br>Off              | 2<br>AcroP1 - No Training (M)@Nest<br>Acro P2 - No Training (E)@Nest<br>Acro P3 - No Training(A)@Nest<br>Acro P4 - 11:00-3:00 (A)@Nest<br>Age Group - 4:00-8:00<br>(S/G)@Nest<br>Jnr/Snr - 4:00-8:00 (S/G)@ Nest | 3<br>AcroP1 - No Training<br>Acro P2 - No Training<br>Acro P3 - 12:00-3:00 (A)@Nest<br>Acro P4 - 8:00-12:00 (A)@Nest<br>Age Group - 8:00-12:00<br>(S/G)@Nest<br>Jnr/Snr - 11:00-3:00 (S/G)@ Nest  | 4<br>AcroP1 - 11:00-1:00 (M)@Nest<br>Acro P2 - 8:00-11:00 (E)@Nest<br>Acro P3 - No Training<br>Acro P4 - 9:00-1:00 (A)@OGC<br>Age Group - 8:00-12:00<br>(S/G)@Nest<br>Jnr/Snr - 8:00-12:00 (S/G)@ Nest  | 5<br>AcroP1 - 1:00-3:00 (M)@OGC<br>Acro P2 - 12:00-3:00 (E)@OGC<br>Acro P3 - 12:00-3:00 (A)@Nest<br>Acro P4 - 8:00-12:00 (A)@Nest<br>Age Group - 11:00-3:00<br>(S/G)@Nest<br>Jnr/Snr - 8:00-12:00 (S/G)@ Nest  | 6<br>AcroP1 - No Training (M)@Nest<br>Acro P2 - No Training (E)@Nest<br>Acro P3 - 9:00-1:00 (A)@OGC<br>Acro P4 - No Training (A)@Nest<br>Age Group - 8:00-12:00<br>(S/G)@Nest<br>Jnr/Snr - 8:00-12:00 (S/G)@ Nest  | 7<br>Off  |
| 8<br>Off              | 9<br>AcroP1 - 3:00-5:00 (M)@Nest<br>Acro P2 - 12:00-3:00 (E)@Nest<br>Acro P3 - 3:00-6:00 (A)@Nest<br>Acro P4 - 11:00-3:00 (A)@Nest<br>Age Group - 8:00-12:00<br>(S/G)@Nest<br>Jnr/Snr - 8:00-12:00 (S/G)@ Nest   | 10<br>AcroP1 - No Training<br>Acro P2 - No Training<br>Acro P3 - 12:00-3:00 (A)@Nest<br>Acro P4 - 8:00-12:00 (A)@Nest<br>Age Group - 8:00-12:00<br>(S/G)@Nest<br>Jnr/Snr - 11:00-3:00 (S/G)@ Nest | 11<br>AcroP1 - 11:00-1:00 (M)@Nest<br>Acro P2 - 8:00-11:00 (E)@Nest<br>Acro P3 - No Training<br>Acro P4 - 9:00-1:00 (A)@OGC<br>Age Group - 8:00-12:00<br>(S/G)@Nest<br>Jnr/Snr - 8:00-12:00 (S/G)@ Nest | 12<br>AcroP1 - 1:00-3:00 (M)@OGC<br>Acro P2 - 12:00-3:00 (E)@OGC<br>Acro P3 - 12:00-3:00 (A)@Nest<br>Acro P4 - 8:00-12:00 (A)@Nest<br>Age Group - 11:00-3:00<br>(S/G)@Nest<br>Jnr/Snr - 8:00-12:00 (S/G)@ Nest | 13<br>AcroP1 - No Training (M)@Nest<br>Acro P2 - No Training (E)@Nest<br>Acro P3 - 9:00-1:00 (A)@OGC<br>Acro P4 - No Training (A)@Nest<br>Age Group - 8:00-12:00<br>(S/G)@Nest<br>Jnr/Snr - 8:00-12:00 (S/G)@ Nest | 14<br>Off   |
| 15<br>Off             | 16<br>AcroP1 - 3:00-5:00 (M)@Nest<br>Acro P2 - 12:00-3:00 (E)@Nest<br>Acro P3 - 3:00-6:00 (A)@Nest<br>Acro P4 - 11:00-3:00 (A)@Nest<br>Age Group - 8:00-12:00<br>(S/G)@Nest<br>Jnr/Snr - 8:00-12:00 (S/G)@ Nest  | 17<br>AcroP1 - No Training<br>Acro P2 - No Training<br>Acro P3 - 12:00-3:00 (A)@Nest<br>Acro P4 - 8:00-12:00 (A)@Nest<br>Age Group - 8:00-12:00<br>(S/G)@Nest<br>Jnr/Snr - 11:00-3:00 (S/G)@ Nest | 18<br>AcroP1 - 11:00-1:00 (M)@Nest<br>Acro P2 - 8:00-11:00 (E)@Nest<br>Acro P3 - No Training<br>Acro P4 - 9:00-1:00 (A)@OGC<br>Age Group - 8:00-12:00<br>(S/G)@Nest<br>Jnr/Snr - 8:00-12:00 (S/G)@ Nest | 19<br>AcroP1 - 1:00-3:00 (M)@OGC<br>Acro P2 - 12:00-3:00 (E)@OGC<br>Acro P3 - 12:00-3:00 (A)@Nest<br>Acro P4 - 8:00-12:00 (A)@Nest<br>Age Group - 11:00-3:00<br>(S/G)@Nest<br>Jnr/Snr - 8:00-12:00 (S/G)@ Nest | 20<br>AcroP1 - No Training (M)@Nest<br>Acro P2 - No Training (E)@Nest<br>Acro P3 - 9:00-1:00 (A)@OGC<br>Acro P4 - No Training (A)@Nest<br>Age Group - 8:00-12:00<br>(S/G)@Nest<br>Jnr/Snr - 8:00-12:00 (S/G)@ Nest | 21<br>Summer Vacation   |
| 22<br>Summer Vacation | 23<br>Summer Vacation  | 24<br>Summer Vacation   | 25<br>Summer Vacation   | 26<br>Summer Vacation  | 27<br>Summer Vacation  | 28<br>Summer Vacation   |
| 29<br>Summer Vacation | 30<br>Summer Vacation  | 31<br>Summer Vacation   | 1<br>Summer Vacation  | 2<br>Summer Vacation   | 3<br>Summer Vacation   | 4<br>Summer Vacation<br>Back to training<br>Tuesday 7 <sup>th</sup><br>August |

E = Erin      A = Alyssa      M = Mikaela      G = Greg      S = Scott