

ACROBATIC GYMNASTICS Training Schedule NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 AcroP1 - 11:00-1:00 (E)@OGC Acro P2 - 1:00-4:00 (E)@OGC Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	29 AcroP1 - 3:30-5:30 (E)@Nest Acro P2 - 5:30-8:30 (E)@Nest Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:30-6:30 (A)@Nest Age Group - 6:00-9:00 (S/G)@OGC Jnr/Snr - 3:00-7:00 (S/G)@OGC	30 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	31 AcroP1 - No Training (Halloween) Acro P2 - No Training Acro P3 - No Training (Halloween) Acro P4 - No Training Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	1 AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@OGC Acro P4 - 6:00-9:00 (A)@OGC Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	2 AcroP1 - No Training Acro P2 - 3:30-6:30 (E)@Nest Acro P3 - 3:30-6:30 (A)@Nest Acro P4 - No Training Age Group - 6:30-9:30 (S/G)@Nest Jnr/Snr - 6:30-9:30 (S/G)@ Nest	3 Off
4 AcroP1 - 11:00-1:00 (E)@OGC Acro P2 - 1:00-4:00 (E)@OGC Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	5 AcroP1 - 3:30-5:30 (E)@Nest Acro P2 - 5:30-8:30 (E)@Nest Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:30-6:30 (A)@Nest Age Group - 6:00-9:00 (S/G)@OGC Jnr/Snr - 3:00-7:00 (S/G)@OGC	6 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	7 AcroP1 - 4:00-6:00 (E)@Nest Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	8 AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@OGC Acro P4 - 6:00-9:00 (A)@OGC Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	9 AcroP1 - No Training Acro P2 - 3:30-6:30 (E)@Nest Acro P3 - 3:30-6:30 (A)@Nest Acro P4 - Make Up for Halloween Age Group - 6:30-9:30 (S/G)@Nest Jnr/Snr - 6:30-9:30 (S/G)@ Nest	10 Off
11 AcroP1 - 11:00-1:00 (E)@OGC Acro P2 - 1:00-4:00 (E)@OGC Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	12 AcroP1 - 3:30-5:30 (E)@Nest Acro P2 - 5:30-8:30 (E)@Nest Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:30-6:30 (A)@Nest Age Group - 6:00-9:00 (S/G)@OGC Jnr/Snr - 3:00-7:00 (S/G)@OGC	13 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	14 AcroP1 - 4:00-6:00 (E)@Nest Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	15 AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@OGC Acro P4 - 6:00-9:00 (A)@OGC Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	16 AcroP1 - No Training Acro P2 - 3:30-6:30 (E)@Nest Acro P3 - 3:30-6:30 (A)@Nest Acro P4 - No Training Age Group - 6:30-9:30 (S/G)@Nest Jnr/Snr - 6:30-9:30 (S/G)@ Nest	17 Off
18 AcroP1 - 11:00-1:00 (E)@OGC Acro P2 - 1:00-4:00 (E)@OGC Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	19 AcroP1 - 3:30-5:30 (E)@Nest Acro P2 - 5:30-8:30 (E)@Nest Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:30-6:30 (A)@Nest Age Group - 6:00-9:00 (S/G)@OGC Jnr/Snr - 3:00-7:00 (S/G)@OGC	20 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 5:00-9:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	21 AcroP1 - 4:00-6:00 (E)@Nest Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	22 AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@OGC Acro P4 - 6:00-9:00 (A)@OGC Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	23 AcroP1 - No Training Acro P2 - 3:30-6:30 (E)@Nest Acro P3 - 3:30-6:30 (A)@Nest Acro P4 - No Training Age Group - 6:30-9:30 (S/G)@Nest Jnr/Snr - 6:30-9:30 (S/G)@ Nest	24 Off
25 AcroP1 - 11:00-1:00 (E)@OGC Acro P2 - 1:00-4:00 (E)@OGC Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	26 AcroP1 - 3:30-5:30 (E)@Nest Acro P2 - 5:30-8:30 (E)@Nest Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:30-6:30 (A)@Nest Age Group - 6:00-9:00 (S/G)@OGC Jnr/Snr - 3:00-7:00 (S/G)@OGC	27 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 5:00-9:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	28 AcroP1 - 4:00-6:00 (E)@Nest Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	29 AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@OGC Acro P4 - 6:00-9:00 (A)@OGC Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	30 AcroP1 - No Training Acro P2 - 3:30-6:30 (E)@Nest Acro P3 - 3:30-6:30 (A)@Nest Acro P4 - No Training Age Group - 6:30-9:30 (S/G)@Nest Jnr/Snr - 6:30-9:30 (S/G)@ Nest	1 Off

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

***NOTE THERE WILL BE NO TRAINING ON HALLOWEEN FOR P1 & P4 (MAKE UP FOR P1 - TUESDAY 16TH OCTOBER, MAKEUP FOR P4 - FRIDAY 9TH NOVEMBER)**