

ACROBATIC GYMNASTICS Training Schedule DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 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 - 12:00-4:00 (S/G)@Nest - Control Comp Jnr/Snr - 12:00-4:00 (S/G)@ Nest - Control Comp	3 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	4 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	5 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	6 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	7 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	8 1st ONTARIO QUALIFIER OAKVILLE GYMNASTICS CLUB
9 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr - No Training	10 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	11 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	12 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	13 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	14 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	15 Off
16 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	17 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	18 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	19 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	20 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	21 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	22 AcroP1 - 11:00-1:00 (E)@Nest Acro P2 - 1:00-4:00 (E)@Nest Acro P3 - 8:00-12:00 (A)@Nest Acro P4 - 12:00-4:00 (A)@Nest Age Group - 8.00am-12noon (S/G)@Nest Jnr/Snr - 8.00am-12noon (S/G)@ Nest
23 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr - No Training	24 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr - No Training	25 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr - No Training	26 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr - No Training	27 AcroP1 - No Training Acro P2 - No Training Acro P3 - 9:00-12:00 (A)@OGC Acro P4 - 12:00-3:00 (A)@OGC Age Group - 8.00am-12noon (S/G)@Nest Jnr/Snr - 8.00am-12noon (S/G)@ Nest	28 AcroP1 - 3:00pm-5:00pm @Nest Acro P2 - 12:00-3:00 (E)@Nest Acro P3 - 12:00-3:00 (A)@Nest Acro P4 - 2:00pm-5:00pm @Nest Age Group - 8.00am-12noon (S/G)@Nest Jnr/Snr - 8.00am-12noon (S/G)@ Nest	29 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - No Training Age Group - 8.00am-12noon (S/G)@Nest Jnr/Snr - 8.00am-12noon (S/G)@ Nest
30 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr - No Training	31 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr - No Training	1 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr - No Training	2 AcroP1 - 12:00-2:00 (E)@Nest Acro P2 - No Training Acro P3 - No Training Acro P4 - 11:00-2:00 (A)@Nest Age Group - 8.00am-12noon (S/G)@Nest Jnr/Snr - 8.00am-12noon (S/G)@ Nest	3 AcroP1 - No Training Acro P2 - No Training Acro P3 - 9:00-12:00 (A)@OGC Acro P4 - 12:00-3:00 (A)@OGC Age Group - 8.00am-12noon (S/G)@Nest Jnr/Snr - 8.00am-12noon (S/G)@ Nest	4 AcroP1 - 2:45pm-4:45pm@Nest Acro P2 - 12:00-3:00 (E)@Nest Acro P3 - 12:00-3:00 (A)@Nest Acro P4 - 1:45pm-4:45pm @Nest Age Group - 8.00am-12noon (S/G)@Nest Jnr/Snr - 8.00am-12noon (S/G)@ Nest	5 Off

E = Erin

A = Alyssa

G = Greg

S = Scott