

# ACROBATIC GYMNASTICS Training Schedule JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6</b> 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 - 4:00-7:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	<b>7</b> 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	<b>8</b> 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	<b>9</b> 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	<b>10</b> 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	<b>11</b> 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	<b>12</b> Off
<b>13</b> 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	<b>14</b> 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	<b>15</b> 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	<b>16</b> 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	<b>17</b> 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	<b>18</b> 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	<b>19</b> Off
<b>20</b> 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	<b>21</b> 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	<b>22</b> 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	<b>23</b> 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	<b>24</b> 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	<b>25</b> 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 - 3:30 - 6:30pm (S/G)@Nest Jnr/Snr - 3:30 - 6:30pm (S/G)@ Nest	<b>26</b> 2 <sup>ND</sup> ONTARIO CUP WOODBRIDGE
<b>27</b> 2 <sup>ND</sup> ONTARIO CUP WOODBRIDGE	<b>28</b> AcroP1 - DAY OFF Acro P2 - DAY OFF Acro P3 - DAY OFF Acro P4 - DAY OFF Age Group - DAY OFF Jnr/Snr - DAY OFF	<b>29</b> 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	<b>30</b> 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	<b>31</b> 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	<b>1</b> 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	<b>2</b> Off

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