

ACROBATIC GYMNASTICS Training Schedule SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 DAY OFF	2 DAY OFF AcroP1 - LABOUR DAY Acro P2 - LABOUR DAY Acro P3 - LABOUR DAY Acro P4 - LABOUR DAY Age Group - LABOUR DAY Jnr/Snr - LABOUR DAY	3 AcroP1 - No Training Acro P2 - No Training Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:00-6:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest (please remember some now start at 3.30pm)	5 AcroP1 - 3:30-6:30 (G)@Nest Acro P2 - 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - No Training 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)@Nest Acro P4 - 5:30-8:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	7 AcroP1 - No Training Acro P2 - 3:00-6:00 (A)@OGC Acro P3 - 5:30-8:30 (A)@OGC Acro P4 - 6:30am-9.30am (S/G)@Nest Age Group - 6.30am-9.30am (S/G)@Nest Jnr/Snr - 6.30am-9.30am (S/G)@Nest	8 Off
9 AcroP1 - 3:00-5:00 (G)@OGC Acro P2 - No Training Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (G)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	9 AcroP1 - 4:00-6:00 (G)@Nest Acro P2 - 3:00-6:00 (A)@Nest Acro P3 - No Training Acro P4 - 5:30-9:00 (A)@Nest Age Group - 6:00-9:00 (G)@Nest Jnr/Snr - 3:00-7:00 (S)@OGC	11 AcroP1 - No Training Acro P2 - No Training Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:00-6:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest (please remember some now start at 3.30pm)	12 AcroP1 - 3:30-6:30 (G)@Nest Acro P2 - 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - No Training 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)@Nest Acro P4 - 5:30-8:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	14 AcroP1 - No Training Acro P2 - 3:00-6:00 (A)@OGC Acro P3 - 5:30-8:30 (A)@OGC Acro P4 - 6:30am-9.30am (S/G)@Nest Age Group - 6.30am-9.30am (S/G)@Nest Jnr/Snr - 6.30am-9.30am (S/G)@Nest	15 Off
16 AcroP1 - 3:00-5:00 (G)@OGC Acro P2 - No Training Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (G)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	16 AcroP1 - 4:00-6:00 (G)@Nest Acro P2 - 3:00-6:00 (A)@Nest Acro P3 - No Training Acro P4 - 5:30-9:00 (A)@Nest Age Group - 6:00-9:00 (G)@Nest Jnr/Snr - 3:00-7:00 (S)@OGC	18 AcroP1 - No Training Acro P2 - No Training Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:00-6:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest (please remember some now start at 3.30pm)	19 AcroP1 - 3:30-6:30 (G)@Nest Acro P2 - 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - No Training 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)@Nest Acro P4 - 5:30-8:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	21 AcroP1 - No Training Acro P2 - 3:00-6:00 (A)@OGC Acro P3 - 5:30-8:30 (A)@OGC Acro P4 - 6:30am-9.30am (S/G)@Nest Age Group - 6.30am-9.30am (S/G)@Nest Jnr/Snr - 6.30am-9.30am (S/G)@Nest	22 Off
23 AcroP1 - 3:00-5:00 (G)@OGC Acro P2 - No Training Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (G)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	24 AcroP1 - 4:00-6:00 (G)@Nest Acro P2 - 3:00-6:00 (A)@Nest Acro P3 - No Training Acro P4 - 5:30-9:00 (A)@Nest Age Group - 6:00-9:00 (G)@Nest Jnr/Snr - 3:00-7:00 (S)@OGC	25 AcroP1 - No Training Acro P2 - No Training Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:00-6:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest (please remember some now start at 3.30pm)	26 AcroP1 - 3:30-6:30 (G)@Nest Acro P2 - 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - No Training Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	27 AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@Nest Acro P4 - 5:30-8:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	28 AcroP1 - No Training Acro P2 - 3:00-6:00 (A)@OGC Acro P3 - 5:30-8:30 (A)@OGC Acro P4 - 6:30am-9.30am (S/G)@Nest Age Group - 6.30am-9.30am (S/G)@Nest Jnr/Snr - 6.30am-9.30am (S/G)@Nest	29 Off
30 AcroP1 - 3:00-5:00 (G)@OGC Acro P2 - No Training Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (G)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	1 AcroP1 - 4:00-6:00 (G)@Nest Acro P2 - 3:00-6:00 (A)@Nest Acro P3 - No Training Acro P4 - 5:30-9:00 (A)@Nest Age Group - 6:00-9:00 (G)@Nest Jnr/Snr - 3:00-7:00 (S)@OGC	2 AcroP1 - No Training Acro P2 - No Training Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:00-6:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest (please remember some now start at 3.30pm)	3 AcroP1 - 3:30-6:30 (G)@Nest Acro P2 - 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - No Training Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	4 AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@Nest Acro P4 - 5:30-8:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	5 AcroP1 - No Training Acro P2 - 3:00-6:00 (A)@OGC Acro P3 - 5:30-8:30 (A)@OGC Acro P4 - 6:30am-9.30am (S/G)@Nest Age Group - 6.30am-9.30am (S/G)@Nest Jnr/Snr - 6.30am-9.30am (S/G)@Nest	6 Off

E = Erin

A = Alyssa

G = Greg

S = Scott