

ACROBATIC GYMNASTICS Training Schedule OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 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 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr – 5:00-9:00 (S/G)@ Nest	7 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	8 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 - 3:30-9:00 (S/G)@Nest Jnr/Snr – 3:30-9:00 (S/G)@ Nest (All gymnasts know which groups they are in and start time)	9 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	10 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	11 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	12 Off
13 AcroP1 – No Training Acro P2 – No Training Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - No Training Jnr/Snr – No Training	14 THANKS GIVING AcroP1 - 8:00-10:00 (G)@Nest Acro P2 - No Training Acro P3 - No Training Acro P4 - No Training Age Group - 9:00-12:00 (G)@Nest Jnr/Snr – 9:00-12:00 (S)@Nest	15 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 (All gymnasts know which groups they are in and start time)	16 AcroP1 – 3:30-6:30 (G)@Nest Acro P2 – 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - 3:30-6:30 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr – 12:00-4:00 (S/G)@ Nest	17 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	18 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	19 Off
20 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 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr – 5:00-9:00 (S/G)@ Nest	21 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	22 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 (All gymnasts know which groups they are in and start time)	23 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	24 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	25 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	26 Off
27 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 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr – 5:00-9:00 (S/G)@ Nest	28 AcroP1 - 4:00-6:00 (G)@Nest Acro P2 - 3:00-6:00 (A)@Nest Acro P3 - 3:00-6:00 (A)@Nest Acro P4 - 5:30-9:00 (A)@Nest Age Group - 6:00-9:00 (G)@Nest Jnr/Snr – 3:00-7:00 (S)@OGC	29 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 (All gymnasts know which groups they are in and start time)	30 AcroP1 – 3:30-6:30 (G)@Nest Acro P2 – 3:30-6:30 (A)@Nest Acro P3 - No Training Acro P4 - 3:30-6:30 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr – 12:00-4:00 (S/G)@ Nest	31 HALLOWEEN AcroP1 – No Training Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - 3:30-5:30 (S/G)@Nest Jnr/Snr – 3:30-5:30 (S/G)@ Nest	1 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	2 Off
3 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 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr – 5:00-9:00 (S/G)@ Nest	4 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	5 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 (All gymnasts know which groups they are in and start time)	6 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	7 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	8 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	9 Off

A = Alyssa G = Greg S = Scott