

ACROBATIC GYMNASTICS Training Schedule JANUARY 2020

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

A = Alyssa G = Greg S = Scott