

ACROBATIC GYMNASTICS Training Schedule FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
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 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	10 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 - 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)	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)@OGC Age Group - 6.30am-9.30am (S/G) @OGC Jnr/Snr - 6.30am-9.30am (S/G)@OGC	15
16 AcroP1 - No Training (Make up 17 th Feb) 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	17 FAMILY DAY AcroP1 - 4.00pm -6.00pm Acro P2 - No Training Acro P3 - No Training Acro P4 - No Training Age Group - 4:00-8:00 (G)@Nest Jnr/Snr - 4:00-8:00 (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 - 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)	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)@OGC Age Group - 6.30am-9.30am (S/G) @OGC Jnr/Snr - 6.30am-9.30am (S/G)@OGC	22
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 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (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 - 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)	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)@OGC Age Group - 6.30am-9.30am (S/G) @OGC Jnr/Snr - 6.30am-9.30am (S/G)@OGC	29
1 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	2 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	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 - 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)	4 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	5 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	6 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	7 GymNix Display Montreal - For all who have been informed

A = Alyssa G = Greg S = Scott