

# ACROBATIC GYMNASTICS Training Schedule DECEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8</b> AcroP1 – No Training Acro P2 – No Training Acro P3 – No Training Acro P4 – No Training Age Group – No Training Jnr/Snr – No Training	<b>9</b> 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	<b>10</b> 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)	<b>11</b> 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	<b>12</b> 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	<b>13</b> 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	<b>14</b> Off
<b>15</b> 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	<b>16</b> 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	<b>17</b> 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)	<b>18</b> 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	<b>19</b> 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	<b>20</b> 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	<b>21</b> AcroP1 – No Training Acro P2 – No Training Acro P3 - 9:00-12:00 (A)@OGC Acro P4 - 12:30-4.00(A)@OGC Age Group - 9:00-12:00 (S/G)@Nest Jnr/Snr – 9:00-12:00 (S/G)@ Nest
<b>22</b> AcroP1 – 4:00-6:00 (G)@Nest Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr – 4:00-8:00 (S/G)@ Nest	<b>23</b> AcroP1 - 8:00-10:00 (G)@Nest Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - 8:00-11:00 (G)@Nest Jnr/Snr – 8:00-11:00 (S)@Nest	<b>24</b> AcroP1 – No Training Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr – No Training	<b>25</b> AcroP1 – No Training Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr – No Training	<b>26</b> AcroP1 – No Training Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr – No Training	<b>27</b> AcroP1 – No Training Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr – No Training	<b>28</b> Off
<b>29</b> AcroP1 – No Training Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr – No Training	<b>30</b> AcroP1 – No Training Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr – No Training	<b>31</b> AcroP1 – No Training Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr – No Training	<b>1</b> AcroP1 – No Training Acro P2 – No Training Acro P3 - No Training Acro P4 - No Training Age Group - No Training Jnr/Snr – No Training	<b>2</b> AcroP1 – No Training Acro P2 – No Training Acro P3 - 9:00-12:00 (A)@OGC Acro P4 - 12.30-3.30 (A)@OGC Age Group - 9:00-12:00 (S/G)@Nest Jnr/Snr – 9:00-12:00 (S/G)@ Nest	<b>3</b> AcroP1 – No Training Acro P2 – 9:00-12:00 (A)@OGC Acro P3 - 12.30-3.30 (A)@OGC Acro P4 - 9.00am-12.00am (S/G)@Nest Age Group - 9.00am-12.00am (S/G)@Nest Jnr/Snr – 9.00am-12.00am (S/G)@Nest	<b>4</b> Off
<b>5</b> 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	<b>6</b> 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	<b>7</b> 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)	<b>8</b> 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	<b>9</b> 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	<b>10</b> 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	<b>11</b>

A = Alyssa    G = Greg    S = Scott