

# ACROBATIC GYMNASTICS MARCH Training Schedule 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 – 3.00-5.00-Make up for 6 <sup>th</sup> April 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
8 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	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	10 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)	11 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	12 AcroP1 – 3.00-5.00-Make up for 8 <sup>th</sup> April 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	13 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	14
15 (OGC Closed for a course) AcroP1 - 3.00pm-5.00pm @NEST Acro P2 – No Training Acro P3 - No Training (OGC Closed) Acro P4 - No Training (OGC Closed) Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr – 4:00-8:00 (S/G)@ Nest	16 MARCH BREAK 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	17 MARCH BREAK 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)	18 MARCH BREAK 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	19 MARCH BREAK 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	20 MARCH BREAK AcroP1 – No Training Acro P2 – No Training (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	21
22 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	23 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	24 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)	25 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	26 AcroP1 – 3.00-5.00-Make up for 12 <sup>th</sup> April 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	27 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	28
29 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	30 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	31 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)	1 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	2 AcroP1 – 3.00-5.00-Make up for 13 <sup>th</sup> April 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	3 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	4

A = Alyssa    G = Greg    S = Scott