

Tumbling Training Schedule 2023

July 16 - July 15

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
16	17 Developmental 4:00-6:00 (Ava/Luna) Interclub 4:30-6:30 (Nadia/Marat) Provincial 1 12:00-2:00 (Nadia/Marat) Provincial 2 2:00-4:00 (Nadia/Marat) Provincial 3 6:00-9:00 (Nadia/Marat) Provincial 4/National 6:00-9:00 (Nadia/Marat)	18 Interclub 4:00-6:00 (Alex/Marat) Provincial 1 12:00-2:00 (Alex/Marat) Provincial 2 2:00-5:00 (Alex/Marat) Provincial 3 6:00-9:00 (Emma/Marat) Provincial 4/National 6:00-9:00 (Emma/Marat)	19 Developmental 4:00-6:00 (Ava/Luna) Provincial 1 12:00-2:00 (Marat) Provincial 2 2:00-4:00 (Marat) Provincial 3 4:30-7:30 (Emma/Marat) Provincial 4 4:30-7:30 Emma/(Marat) National 4:30-8:30 (Emma/Marat)	20 Interclub 4:00-6:00 (Alex/Marat) Provincial 1 12:00-2:00 (Alex/Marat) Provincial 2 2:00-5:00 (Alex/Marat) Provincial 3 9:00-12:00 (Alex/(Marat)) Provincial 4 9:00-12:00 (Alex/Marat) National 9:00-1:00 (Alex/Marat)	21	22
23	24 Developmental 4:00-6:00 (Ava/Luna) Interclub 4:30-6:30 (Emily/Marat) Provincial 1 12:00-2:00 (Emily/Marat) Provincial 2 2:00-4:00 (Emily/Marat) Provincial 3 6:00-9:00 (Emily/Marat) Provincial 4/National 6:00-9:00 (Emily/Marat)	25 Interclub 4:00-6:00 (Luna/Marat) Provincial 1 12:00-2:00 (Marat) Provincial 2 2:00-5:00 (Marat) Provincial 3 6:00-9:00 (Emma/Marat) Provincial 4/National 6:00-9:00 (Emma/Marat)	26 Developmental 4:00-6:00 (Ava/Luna) Provincial 1 12:00-2:00 (Nadia/Marat) Provincial 2 2:00-4:00 (Nadia/Marat) Provincial 3 4:30-7:30 (Nadia/Marat) Provincial 4 4:30-7:30 (Nadia/Marat) National 4:30-8:30 (Nadia/Marat)	27 Interclub 4:00-6:00 (Nadia/Marat) Provincial 1 12:00-2:00 (Nadia/Marat) Provincial 2 2:00-5:00 (Nadia/Marat) Provincial 3 9:00-12:00 (Nadia/Marat) Provincial 4 9:00-12:00 (Nadia/Marat) National 9:00-1:00 (Nadia/Marat)	28	29

1st Vacation Week - No Training July 31st - August 4