

Tumbling Training Schedule 2023 November 26-December 9

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
26 Mock Meet 4:00-6:30 All Athletes	27 Provincial 2 4:30-7:00 (Nadia/Marat) Provincial 3 6:30-9:30 (Nadia/Marat) Provincial 4/National 6:30-9:30 (Nadia/Marat)	28 Interclub 4:30-6:30 (Nadia/Marat) Provincial 1 2:30-5:30 (Marat) National 6:30-8:30 (Nadia/Marat)	29 Provincial 2 4:30-7:30 (Nadia/Marat) Provincial 3 2:30-5:30 (Nadia/Marat) Provincial 4/National 6:30-9:30 (Nadia/Marat)	30 Interclub 4:30-6:30 (Nadia) Provincial 1 4:00-7:00 (Nadia/Marat) Provincial 2 2:30-4:30 (Nadia) Provincial 3 6:30-9:30 (Nadia/Marat) Provincial 4/National 6:30-9:30 (Nadia/Marat)	1	2
3 Interclub 10:00-12:00 (Nadia) Provincial 1 10:00-12:00 (Marat) Provincial 2 12:00-3:00 (Nadia/Marat) Provincial 3 3:00-6:00 (Nadia/Marat) Provincial 4/National 3:00-6:00 (Nadia/Marat)	4 Provincial 2 4:30-7:00 (Nadia/Marat) Provincial 3 6:30-9:30 (Nadia/Marat) Provincial 4/National 6:30-9:30 (Nadia/Marat)	5 Developmental 4:30-6:30 (Luna) Interclub 4:30-6:30 (Nadia/Marat) Provincial 1 2:30-5:30 (Marat) National 6:30-8:30 (Nadia/Marat)	6 Provincial 2 4:30-7:30 (Nadia/Marat) Provincial 3 2:30-5:30 (Nadia/Marat) Provincial 4/National 6:30-9:30 (Nadia/Marat)	7 Developmental 5:30-7:30 (Luna) Interclub 4:30-6:30 (Nadia) Provincial 1 4:00-7:00 (Nadia/Marat) Provincial 2 2:30-4:30 (Nadia) Provincial 3 6:30-9:30 (Nadia/Marat) Provincial 4/National 6:30-9:30 (Nadia/Marat)	8	9 Provincial Training Camp (Selected Athletes) 9 & 10