

# 2017 Squad Training Timetable

	MON				TUES				WED				THUR				FRI	SAT			
9:00-9:30																					
9:30-10:00																					
10:00-10:30																					
10:30-11:00																					
11:00-11:30																					
11:30-12:00																					
12:00-12:30																					
12:30-1:00																					
1:00-1:30																					
4:00-4:30																					
4:30-5:00																					
5:00-5:30	ALP3	ALP4			Foundation				ALP3				GS3	ALP4							
5:30-6:00										GS4											
6:00-6:30			ALP6+	GS8																	
6:30-7:00				GS7																	
7:00-7:30																					
7:30-8:00																					

**ALP** – Please note that all ALP training sessions are compulsory

**Gymstar** – Gymnasts in this program must attend a minimum of 1 session per week but we highly recommend attending two sessions per week to achieve the best results. Saturdays can be attended at a casual rate.

