

# 2018 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																												
5:30-6:00																												
6:00-6:30																												
6:30-7:00																												
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 of \$25 per session.

