

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.

