

## Preschool, 1 hour Recreational Gymnast or Tumblers , 2 hour Advanced Recreational Gymnasts or Tumblers and Gymfusion

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:45-4:30pm Preschool Session	3:45-4:30pm Preschool Session	3:45-4:30pm Preschool Session	3:45-4:30pm Preschool Session	3:45-4:30pm Preschool Session	9:00-9:45am Preschool Session	9:30-10:15am Recreational Gymnastics 1 hr gymnasts Ages 4-6
4:30-5:15pm Recreational Gymnastics 1 hr gymnasts Aged 4-6	4:30-5:15pm Recreational Gymnastics 1 hr gymnasts Ages 4-6	4:30-5:15pm Recreational Gymnastics 1 hr gymnasts Aged 4-6	4:30-5:15pm Recreational Gymnastics 1 hr gymnasts Aged 7+	4:30-5:15pm Recreational Gymnastics 1 hr gymnasts Ages 4-6	9:00-9:45am Recreational Tumblers 1 & 2hr All Ages	9:30-10:30am 2hr Advanced Gymnastics Born 2009 or 2010
5:15-6:00pm Recreational Gymnastics 1 hr gymnasts Aged 7+	4:30-5:30pm 2hr Advanced Gymnastics Born 2015 or 2016	4:30-5:30pm 2hr Advanced Gymnastics Born 2015 or 2016	4:30-5:30pm 2hr Advanced Gymnastics Born 2015 or 2016	5:30-6:15pm Recreational Gymnastics 1 hr gymnasts Aged 7+	9:00-10:00am 2hr Advanced Gymnastics Born 2015 or 2016	10:15-11:00 Recreational Gymnastics 1 hr gymnasts Aged 7+
5:30-6:00pm Core Proficiency Badge 8 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.	4:30-5:30pm 2hr Advanced Gymnastics Born 2011 or 2012	4:30-5:30pm Recreational 1 or 2hr Advanced gymnasts Born Before 2008	5:15-6:00pm Recreational Gymnastics 1 hr gymnasts Aged 4-6	5:30-6:30pm Gymfusion Junior & Seniors Display Teams (Existing team only)	9:45-10:30am Recreational Gymnastics 1 hr gymnasts Ages 4-6	10:30-11:30am 2hr Advanced Gymnastics Born 2015 or 2016
6:00-6:30pm Core Proficiency Badge 7 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.	5:30-6:15pm Recreational Gymnastics 1 hr gymnasts Aged 7+	5:30-6:30pm Gymfit Aged 8+ ALL Gymnasts	5:30-6:30pm 2hr Advanced Gymnastics Born 2011 or 2012	5:45-6:15pm Friday Fun Line ALL Gymnasts, open age.	10:00-10:45am Recreational Gymnastics 1 hr gymnasts Aged 7+	11:00-12:00am Gymfusion Junior & Seniors Display Teams (Existing team only)
6:00-7:00pm Recreational 1 or 2hr Advanced gymnasts Born Before 2008	5:30-6:15pm Gymfit Aged 7 and under ALL Gymnasts	6:30-7:00pm Challenge Session Practice video available within self service video library. ALL Gymnasts, open age.	5:30-6:30pm 2hr Advanced Gymnastics Born 2009 or 2010		10:30-11:15am Recreational Gymnastics 1 hr gymnasts Ages 4-6	11:30-12:30am Recreational 1 or 2hr Advanced gymnasts Born Before 2008
	6:15-6:45pm Core Proficiency Badge 6 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.		6:00-6:30pm Boxercise Aged 8+ ALL Gymnasts		10:45-11:45am 2hr Advanced Gymnastics Born 2013 or 2016	12:00-12:30pm Core Proficiency Badge 4 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.
	6:15-7:00pm Recreational Tumblers 1 & 2hr All Ages		6:00-6:45pm Recreational Tumblers 1 & 2hr All Ages		11:45-12:45am 2hr Advanced Gymnastics Born 2011 or 2012	12:30-1:00pm Core Proficiency Badge 4 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.
	6:45-7:15pm Core Proficiency Badge 5 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.		6:30-7:00pm Core Proficiency Badge 4 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.		12:15-12:45pm Core Proficiency Badge 8 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.	12:30-1:00pm Gymfusion Beginners / Trial Sessions ALL Gymnasts, open age.
	6:15-7:15pm 2hr Advanced Gymnastics Born 2009 or 2010				12:15-1:00pm Gymfusion Mini's Display Team (Existing team only)	1:00-1:30pm Core Proficiency Badge 7 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.
					12:30-1:00pm Core Proficiency Badge 7 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.	1:00-1:30pm Core Proficiency Badge 6 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.
					1:30-2:00pm BOYS ONLY Gymnastics 1 & 2hr Gymnasts All Ages	1:30-2:00pm Core Proficiency Badge 8 Skills & Assessment Practice video available within self service video library. ALL Gymnasts, open age.
						1:30-2:00pm Sunday Stretch ALL Gymnasts, open age.

## Squad Timetable - Minis, Presquad & Petites Group 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30-6.00pm Core Proficiency Badge 8 Skills 8 Assessment Practice video available within self service video library. ALL Gymnasts, open age.	4.30-5.30pm Programme Zoom - Mini Squad	6.30-7.00pm Challenge Session Practice video available within self service video library. ALL Gymnasts, open age.	6.00-6.30pm Boacrice Aged 6+ ALL Gymnasts	5.45-6.15pm Friday Fun Time ALL Gymnasts, open age.	9.00-10.00am Programme Zoom - Mini Squad	12.00-12.30pm Core Proficiency Badge 4 Skills 6 Assessment Practice video available within self service video library. ALL Gymnasts, open age.
6.00-6.30pm Core Proficiency Badge 7 Skills 5 Assessment Practice video available within self service video library. ALL Gymnasts, open age.	5.30-6.15pm Gymfit Aged 7 and under ALL Gymnasts	6.30-7.00pm Ballet Workshop - Presquad	6.30-7.00pm Core Proficiency Badge 6 Skills 6 Assessment Practice video available within self service video library. ALL Gymnasts, open age.	4.30-5.30pm Programme Zoom - Presquad	12.15-12.45pm Core Proficiency Badge 8 Skills 9 Assessment Practice video available within self service video library. ALL Gymnasts, open age.	12.30-1.00pm Core Proficiency Badge 4 Skills 6 Assessment Practice video available within self service video library. ALL Gymnasts, open age.
5.45-7.00pm Programme Zoom - Petites Group 2	6.15-6.45pm Core Proficiency Badge 6 Skills 6 Assessment Practice video available within self service video library. ALL Gymnasts, open age.		4.30-5.45pm Programme Zoom - Petites Group 2		12.30-1.00pm Core Proficiency Badge 7 Skills 6 Assessment Practice video available within self service video library. ALL Gymnasts, open age.	12.30-1.00pm Gymfusion Beginners / Trial Sessions ALL Gymnasts, open age.
	6.45-7.15pm Core Proficiency Badge 5 Skills 6 Assessment Practice video available within self service video library. ALL Gymnasts, open age.				11.15-12.15pm Programme Zoom - Presquad	1.00-1.30pm Core Proficiency Badge 7 Skills 6 Assessment Practice video available within self service video library. ALL Gymnasts, open age.
						1.00-1.30pm Core Proficiency Badge 6 Skills 6 Assessment Practice video available within self service video library. ALL Gymnasts, open age.
						1.30-2.00pm Core Proficiency Badge 8 Skills 6 Assessment Practice video available within self service video library. ALL Gymnasts, open age.
						1.30-2.00pm Sunday Stretch ALL Gymnasts, open age.

## Floor & Vault Squads (4,6 and 8 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4.30-5.30pm Programme Zoom - 6hr FV Junior 2 Squad	5.30-6.15pm Gymfit Aged 7 and under ALL Gymnasts	5.30-6.30pm Gymfit Aged 8+ ALL Gymnasts	6.00-6.30pm Baseclass Aged 6+ ALL Gymnasts	5.45-6.15pm Friday Fun Line ALL Gymnasts, open age.		12.30-1.00pm Gymfusion Beginners / Trial Sessions ALL Gymnasts, open age.
	5.15-6.15pm Programme Zoom - 6hr FV Junior 1 Squad	6.30-7.00pm Challenge Session Practice video available within self service video library. ALL Gymnasts, open age.	6.00-7.00pm Programme Zoom - 4hr FV Squad	5.15-6.15pm Programme Zoom - 8hr FV Junior Squad		1.30-2.00pm Sunday Stretch ALL Gymnasts, open age.
	6.15-7.15pm Programme Zoom - 4hr FV Squad	5.30-6.30pm Programme Zoom - 6hr FV Junior 2 Squad	4.30-5.30pm Programme Zoom - 6hr FV Junior 1 Squad	6.15-6.45pm Ballet Workshop - 8hr FV Junior Squad - Follows Programme Zoom		11.00-12.00pm Programme Zoom - 8hr FV Junior Squad
	6.15-7.15pm Programme Zoom - 8hr FV 1 (Seniors) Squad	6.30-7.00pm Ballet Workshop - 6hr FV Junior 2 Squad	6.00-7.00pm Programme Zoom - 8hr FV 1 (Seniors) Squad			
		6.30-7.00pm Ballet Workshop - 6hr FV Junior 1 Squad				
		6.00-6.30pm Injury Prevention - 8hr FV 1 (Seniors) Squad				

## 4 Piece Competitive Squads, Petites 1 Group & Tumbling Squads

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4.30-5.30pm Programme Zoom - Tumbling Dev Squad	4.30-5.30pm Programme Zoom - Tumbling Dev Squad	5.30-6.30pm Gymfit Aged 8+ ALL Gymnasts	6.00-6.30pm Beehive Aged 6+ ALL Gymnasts	5.45-6.15pm Friday Fun Line ALL Gymnasts, open age.	9.00-10.30am Programme Zoom - National & Regional Junior Squads	12.30-1.00pm Gymfusion Beginners / Trial Sessions ALL Gymnasts, open age.
4.30-6.00pm Programme Zoom - National & Regional Junior Squads	5.30-6.15pm Gymfit Aged 7 and under ALL Gymnasts	6.30-7.00pm Challenge Session Practice video available with self service video library. ALL Gymnasts, open age.	4.30-6.00pm Programme Zoom - County Junior Squad	4.30-5.30pm Programme Zoom - Dev 2 Squad	9.00-10.30am Programme Zoom - Dev 1 Squad	1.30-2.00pm Sunday Stretch ALL Gymnasts, open age.
4.30-5.45pm Programme Zoom - Petites Group 1	5.30-7.00pm Programme Zoom - Dev 1 Squad	4.30-6.00pm Programme Zoom - County Junior Squad	4.30-6.00pm Programme Zoom - County Senior	5.00-6.30pm Programme Zoom - PTs	9.30-11.00am Programme Zoom - County Senior	9.30-11.00am Programme Zoom - County Junior Squad
5.00-6.30pm Programme Zoom - PTs	5.00-6.30pm Programme Zoom - Regional Seniors	4.30-6.00pm Programme Zoom - County Senior	4.30-6.00pm Programme Zoom - National & Regional Junior Squads	5.00-6.30pm Programme Zoom - Regional Seniors	9.45-10.45am Programme Zoom - Tumbling Club Squad	
5.00-6.30pm Programme Zoom - Regional Seniors	5.30-7.00pm Programme Zoom - PTs	4.30-6.00pm Programme Zoom - National & Regional Junior Squads	5.30-6.30pm Programme Zoom - Tumbling Dev Squad	5.30-7.00pm Programme Zoom - Dev 1 Squad	10.00-11.15am Programme Zoom - Petites Group 1	
5.30-6.30pm Programme Zoom - Tumbling Club Squad	5.30-6.30pm Programme Zoom - Tumbling NDP & FIG Squad	5.15-6.45pm Programme Zoom - Dev 2 Squad	5.30-6.30pm Programme Zoom - Tumbling NDP & FIG Squad	4.30-5.15pm 5.15-6.00pm 6.00-6.45pm Range 6 Conditioning Session - County Junior Squads	10.30-11.00am Strength & Conditioning - National & Regional Junior Squads - Follows Programme Zoom	
5.30-6.30pm Programme Zoom - Tumbling NDP & FIG Squad	6.30-7.00pm Strength & Conditioning - Regional Seniors Follows Programme Zoom	5.30-7.00pm Programme Zoom - PTs	5.45-7.00pm Programme Zoom - Petites Group 1	4.30-5.15pm 5.15-6.00pm 6.00-6.45pm Range 6 Conditioning Session - County Senior	10.30-11.00am Range 6 Conditioning - Development 1 Squad - Follows Programme Zoom	
6.00-6.30pm Range 6 Conditioning - National & Regional Junior Squads - Follows Programme Zoom		6.00-6.30pm Injury Prevention - National & Regional Junior Squads	6.00-6.30pm Midweek Stretch - National & Regional Junior Squads	4.30-5.15pm 5.15-6.00pm 6.00-6.45pm Range 6 Conditioning Session - Regional Senior Squad	10.45-11.45am Programme Zoom - Tumbling Dev Squad	
		6.00-6.30pm Injury Prevention - County Junior Squads	6.00-6.30pm Midweek Stretch - County Junior Squads		10.45-11.45am Programme Zoom - Tumbling NDP & FIG Squad	
		6.00-6.30pm Injury Prevention - County Senior	6.00-6.30pm Midweek Stretch - County Senior		11.00-12.30pm Programme Zoom - PTs	
		6.00-6.30pm Injury Prevention - Regional Senior	6.00-6.30pm Midweek Stretch - Dev 1 Squad		11.00-12.30pm Programme Zoom - Regional Seniors	
		6.00-6.30pm Injury Prevention - Tumbling NDP & FIG	6.00-6.30pm Midweek Stretch - Dev 2 Squad		11.15-12.15pm Programme Zoom - Dev 2 Squad	
		7.00-7.30pm Strength & Conditioning - PTs - Follows Programme Zoom	6.00-6.30pm Midweek Stretch - Regional Senior		12.15-12.45pm Range 6 Conditioning - Development 2 Squad - Follows Programme Zoom	