

Squad Holiday Training

Squad	Mon 18th	Tue 19th	Wed 20th	Thurs 21st	Fri 22nd	Sat 23rd	Sun 24th
Women's Artistic							
Squad	Normal	Normal	Normal	Normal	Normal		
WA PJ's			Normal		9:00 -11:00		
Men's Artistic							
MA Squad	5:00- 9:00		2:30 - 6:30	5:00 - 8:30	4:00 - 8:00		
MA PJ			1:00 - 4:00	4:00 - 5:30			
Aerobics							
FIG	Normal	Normal	9:00 - 1:00	3:00 - 8:15	10:00 - 1:30		
NAC	Normal		12:30 - 2:30	12:00 - 3:00			
Aerobics RAC				12:00 - 2:00			
Development		1.00 - 3.00					

Please see squad emails/facebook for individual times

Squad Holiday Training

Squad	Mon 25th	Tue 26th	Wed 27th	Thurs 28th	Fri 29th	Sat 30th	Sun 31st
Women's Artistic							
Squad				9:00 - 2:00	9:00 - 2:00		
WA PJ's				2:00 - 4:00	9:00 - 11:00		
Men's Artistic							
MA Squad			12:00 - 5:00	12:00 - 5:00	12:00 - 5:00		
MA PJ							
Aerobics							
FIG			9:00 - 1:00	3:00 - 8:15	10:00 - 1:30		
NAC			12:30 - 2:30	12:00 - 3:00			
Aerobics RAC				12:00 - 2:00			
Development							

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Squad Holiday Training

Squad	Mon 1st	Tue 2nd	Wed 3rd	Thurs 4th	Fri 5th	Sat 6th	Sun 7th	
Women's Artistic								
Squad		Normal	Normal	Normal	Normal			
WA PJ's			Normal					
Men's Artistic								
MA Squad			5:00 - 9:00	5.00-8.00	6:15 - 8:15			
MA PJ				Normal				
Aerobics								
FIG		Normal	Normal	Normal	Normal			
NAC				Normal				
Aerobics RAC								
Development								

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