

### CHRISTMAS HOLIDAY SQUAD TRAINING

Squad	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st	Saturday 22nd	Sunday 23rd	Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th	Saturday 29th	Sunday 30th	Monday 31st
<b>Women's Artistic</b>															
Squad	Normal Training	Normal Training	Normal Training	Dress Reheasal	Gala	Gala	Gala					9:00-4:00			9:00 - 4:00
WA PJ's		4:00-6:00	4:30 - 6:30	Dress Reheasal							4:30 - 6:30			9:00 - 11:00	
<b>Men's Artistic</b>															
MA Squad	Normal Training	Normal Training	Normal Training	Dress Reheasal	Gala	Gala	Gala				2:00-8:00	2:00 -7:00	4:30 -8:30		
MA PJ	Normal Training	Normal Training	Normal Training	Dress Reheasal	Gala	Gala	Gala								
MA Club Squad	Normal Training	Normal Training	Normal Training	Dress Reheasal	Gala	Gala	Gala						4:30 - 7:30		
<b>Aerobics</b>															
FIG	Normal Training	Normal Training	Normal Training	Dress Reheasal	Gala	Gala	Gala					10:00-1:00		9:00-1:00	
NAC	Normal Training	Normal Training	Normal Training	Dress Reheasal	Gala	Gala	Gala					12:30 - 2:30			
Aerobics RAC	Normal Training	Normal Training	Normal Training	Dress Reheasal	Gala	Gala	Gala					12:30 -2:30			
<b>Development</b>			4:30 - 6:30		Gala	Gala	Gala				4:30 - 6:30				

Please see squad emails/facebook for individual times