

ACTIVE GYMNASTICS SQUAD PROGRAM 2022

		MON	TUES	WED	THURS	FRI	SAT
Squad 1	Leah/Nikolai	6.00-8.00am	4.00-7.30pm	4.00-7.30pm		4.00-7.00pm	11.00-3.30pm
Squad 2	Paula/Yo	6.00-8.00am	4.00-7.30pm	4.00-7.30pm		4.00-7.00pm	11.00-3.30pm
Squad 3	Bri	6.00-8.00am *optional	4.00-7.30pm		4.00-7.30pm		1.00-5.00pm
Squad 4 *3 days	Steph/Hayley		4.00-7.00pm			4.00-7.00pm	12.00-3.00pm
Squad 4 *2 days			4.00-7.00pm				12.00-3.00pm
Squad 5 *3 days	Izzy/Claire/ Grace	4.00-6.30pm		4.00-6.30pm			8.00-10.30am
Squad 5 *2 days				4.00-6.30pm			8.00-10.30am
Squad 6	Izzy/Claire/ Grace			4.00-6.30pm			8.00-10.30am
Squad A	Jen			5.00-8.00pm		4.45-7.45pm	11.30-2.30pm
Squads B/C/D	Amelia/Jess/ Yo//Jen	5.00-8.00pm			5.00-8.00pm		2.00-5.00pm
Competition Development						*senior 5.00-7.00pm	*junior 10.30-12.00pm