

WOMEN'S ARTISTIC GYMNASTICS

CLASS SCHEDULE

As at 1st Jan 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Level 7 - 10	5.00–8.00 pm	5.00-8.00pm	6.30-8.00am	5.00-8.00pm	6.30-8.00am	8am – 12.00
National Level 6	4.00-7.00 pm	5.00-8.00pm	6.30-8.00am	5.00-8.00pm	6.30-8.00am	8am – 12.00
National Level 5	4.00-7.30pm	4.00-7.30 pm		4.00-7.30 pm		8am – 12.00
Level 5 – 8 White	4.30-7.00pm		4.30-7.00pm			1.00-3.30pm
Level 4 Black	4.00–7.00 pm	4.00-7.00 pm		4.00-7.00pm		9.00am-1pm
Level 4 White	4.30-7.00pm		4.30-7.30pm			1.00-3.30pm
Level 3 Black		4.00-7.00 pm		4.00-7.00pm		10.00am-1pm
Level 3 Gold		4.00-7.00pm		4.00-7.00pm		
Level 3 White	4.30-7.00pm		4.30-7.00pm			1.00-3.30pm
Level 2 Black	4.00-6.00pm		4.00-6.00pm			
Level 2 Gold			4.00-6.00pm		4.00-6.00pm	
Level 2 White		4.00-6.00pm		4.00-6.00pm		
Level 1 Black	4.00-6.00pm		4.00-6.00pm			
Level 1 Gold			4.00-6.00pm		4.00-6.00pm	
Level 1 White		4.00-6.00pm		4.00-6.00pm		

All gymnasts must attend all days nominated for the level except for Level 5 – 8 white. Compulsory training days are Wednesday and Saturday with Monday being an optional 3rd day.