

OJAG 1 – Training Schedule in Gymnastics Disciplines

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BG 1 9:00-12:00	BG 1 9:00-12:00	BG 1 9:00-12:00	BG 1 9:00-12:00	BG 1 9:00- 12:00	BG 1 9:00- 12:00
BG 2 15:00-19:00	BG 2 15:00-19:00	BG 2 15:00-19:00	BG 2 15:00-19:00	BG 2 15:00-19:00	BG 2 14:00-17:00
BG 3 09:00-10:30		BG 3 09:00-10:30		BG 3 09:00-10:30	
BG 4 15:00-16:30		BG 4 15:00-16:30		BG 4 15:00-16:30	
	BATUT 1 10:00-11:30		BATUT 1 10:00-11:30		BATUT 1 10:00-11:30
BATUT 2 17:00-18:30		BATUT 2 17:00-18:30		BATUT 2 17:00-18:30	
	BATUT 3 17:00-18:30		BATUT 3 17:00-18:30		BATUT 3 10:00-11:30
AERO 1 18:00-20:30	AERO 1 18:00-20:30	AERO 1 18:00-20:30	AERO 1 18:00-20:30		
	AERO 2 18:00-20:00	AERO 2 18:00-20:00	AERO 2 18:00-20:00		
AERO 3 18:00-19:30	AERO 3 16:00-18:30		AERO 3 16:00-18:30		
AERO 4 09:00-10:30		AERO 4 09:00-10:30		AERO 4 09:00-10:30	

AERO 5 14:30-16:00		AERO 5 14:30-16:00		AERO 5 14:30-16:00	
AERO 6 17:00-18:30		AERO 6 17:00-18:30		AERO 6 17:00-18:30	

* BG	Rhythmic Gymnastics
*Batut	Trampoline Gymnastics
* AERO	Aerobic Gymnastics

OJAG 2 – Training Schedule in Gymnastics Disciplines

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BG 1 9:00-11:00		BG 1 9:00-11:00		BG 1 9:00-11:00	
BG 2 9:00-12:00	BG 2 9:00-12:00	BG 2 9:00-12:00	BG 2 9:00-12:00	BG 2 9:00-12:00	BG 2 9:00-12:30 15:00-19:00
BG 3 15:00-18:00		BG 3 15:00-18:00		BG 3 15:00-18:00	
BG 4 15:00-19:00	BG 4 15:00-19:00	BG 4 15:00-19:00	BG 4 15:00-19:00	BG 4 15:00-19:00	BG 4 09:00-12:30 15:00-19:00
KiG (ƏSAS) 09:00-11:00	KiG (ƏSAS) 08:00-10:30	KiG (ƏSAS) 09:00-11:00	KiG (ƏSAS) 08:00-10:30	KiG (ƏSAS) 09:00-11:00	KiG (ƏSAS) 09:00-11:00
KiG (ƏSAS) 14:30-17:00	KiG (ƏSAS) 14:30-17:00	KiG (ƏSAS) 14:30-17:00	KiG (ƏSAS) 14:30-17:00	KiG (ƏSAS) 14:30-17:00	
	KiG 2 14:30-16:00		KiG 2 14:30-16:00		KiG 2 09:30-11:00
KiG 3 15:00-16:30		KiG 3 15:00-16:30		KiG 3 15:00-16:30	
	KiG 4 15:30-17:00		KiG 4 15:30-17:00		KiG 4 09:00-10:30
	KiG 5 09:00-10:30		KiG 5 09:00-10:30		KiG 5 09:00-10:30

TEAM GYM 09:30-11:00			TEAM GYM 09:30-11:00	TEAM GYM 09:30-11:00	
TEAM GYM 14:30-16:00		TEAM GYM 14:30-16:00		TEAM GYM 14:30-16:00	
	AKRO 1 09:00-10:30		AKRO 1 09:00-10:30		AKRO 1 12:00-13:30
AKRO 2 15:00-16:30		AKRO 2 15:00-16:30		AKRO 2 15:00-16:30	
	AKRO 3 14:30-16:00		AKRO 3 14:30-16:00		AKRO 3 12:00-13:30
AKRO 4 16:00-19:00	AKRO 4 16:00-19:00		AKRO 4 16:00-19:00	AKRO 4 16:00-19:00	AKRO 4 09:00-12:00
AKRO 6 16:00-17:30		AKRO 6 16:00-17:30		AKRO 6 16:00-17:30	
AERO 09:00-11:30	AERO 09:00-11:30		AERO 09:00-11:30		YARIŞA ÇIXAN UŞAQLAR AERO 10:00-15:00
AERO 15:00-19:00		AERO 15:00-19:00		AERO 15:00-19:00	YARIŞA ÇIXAN UŞAQLAR AERO 10:00-15:00
QİG 1 14:00-16:30		QİG 1 14:00-16:30		QİG 1 14:00-16:30	

QIG 1 15:00-19:30	QIG 1 15:00-19:30		QIG 1 15:00-19:30		QIG 1-3 14:00-18:30
QIG 2 15:00-17:30		QIG 2 15:00-17:30		QIG 2 15:00-17:30	
QIG 2 15:00-17:00	QIG 2 15:00-17:00		QIG 2 15:00-17:00		QIG 2 14:00-16:00
QIG 3 18:00-20:00	QIG 3 18:00-20:00		QIG 3 18:00-20:00		
BATUT 1 16:00-18:00	BATUT 1 16:00-18:00		BATUT 1 16:00-18:00	BATUT 1 16:00-18:00	
BATUT 2 09:00-10:30	BATUT 2 09:00-10:30		BATUT 2 09:00-10:30	BATUT 2 09:00-10:30	
GYM FOR ALL 18:30-19:30			GYM FOR ALL 18:30-19:30		GYM FOR ALL 11:00-12:00
* KIG2	Men's Artistic Gymnastics - Group 2		* AERO1	Aerobic Gymnastics - Group 1	
* KIG 3	Men's Artistic Gymnastics - Group 3		* AERO2	Aerobic Gymnastics - Group 2	
* KIG 4	Men's Artistic Gymnastics - Group 4		* BG1	Rhythmic Gymnastics - Group 1	
* AKRO1	Acrobatic Gymnastics - Group 1		* BG2	Rhythmic Gymnastics - Group 2	
* Batut1	Trampoline Gymnastics - Group 1		*QIG1	Women's Artistic Gymnastics - Group 1	
GYM FOR ALL	Gimnastics for All				

OJAG 3 – Training Schedule in Gymnastics Disciplines

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AKRO 1 17:00 - 18:30 2008-2013		AKRO 1 17:00 - 18:30 2008-2013		AKRO 1 17:00 - 18:30 2008-2013	
	AKRO 2 17:00 - 18:30 2012-2015		AKRO 2 17:00 - 18:30 2012-2015		AKRO 2 10:00 - 11:30 2012-2015
KiG 17:00 -19:00 2012-2015		KiG 17:00 -19:00 2012-2015		KiG 10:00 -12:00 2012-2015	