

OJAG 1 – Training schedule for Gymnastics disciplines

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RG 1 9:00-12:00	RG 1 9:00-12:00	RG 1 9:00-12:00	RG 1 9:00-12:00	RG 1 9:00-12:00	RG 1 10:00-14:00
RG 2 14:30-19:00	RG 2 14:30-19:00	RG 2 14:30-19:00	RG 2 14:30-19:00	RG 2 14:30-19:00	RG 2 10:00-14:00
RG 3 9:00-10:30		RG 3 9:00-10:30		RG 3 9:00-10:30	
RG 4 16:00-17:30		RG 4 16:00-17:30		RG 4 16:00-17:30	
AERO 1 15:00-17:00		AERO 1 15:00-17:00		AERO 1 15:00-17:00	
AERO 2 17:00-19:00				AERO 2 17:00-19:00	AERO 2 10:00-12:00
TRA 14:30-16:00		TRA 14:30-16:00		TRA 14:30-16:00	

* RG 1	Rhythmic Gymnastics - Group 1	*TRA 1	Trampoline Gymnastics - Group 1
* RG 2	Rhythmic Gymnastics - Group 2	* AERO 1	Aerobic Gymnastics - Group 1
* RG 3	Rhythmic Gymnastics - Group 3	* AERO 2	Aerobic Gymnastics - Group 2
* RG 4	Rhythmic Gymnastics - Group 4		

OJAG 2 - Training schedule for Gymnastics disciplines

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RG 1 9:00-12:00	RG 1 9:00-12:00	RG 1 9:00-12:00	RG 1 9:00-12:00	RG 1 9:00-12:00	
RG 2 15:00-19:00	RG 2 15:00-19:00	RG 2 15:00-19:00	RG 2 15:00-19:00	RG 2 15:00-19:00	RG 2 09:00-13:00
RG 3 15:00-17:00		RG 3 15:00-17:00		RG 3 15:00-17:00	
	MAG 2 14:00-16:00		MAG 2 14:00-16:00		MAG 2 12:00-14:00
MAG 3 15:00-17:00		MAG 3 15:00-17:00		MAG 3 15:00-17:00	
	MAG 4 15:30-17:00		MAG 4 15:30-17:00		MAG 4 09:00-10:30
	MAG 5 09:00-10:30		MAG 5 09:00-10:30		MAG 5 09:00-10:30
AERO 1 17:30-21:00	AERO 1 17:30-20:00	AERO 1 17:30-21:00		AERO 1 17:30-21:00	AERO 1 10:00-13:00
AERO 2 18:00-20:00		AERO 2 18:00-20:00		AERO 2 18:00-20:00	
	ACRO 1 09:00-10:30		ACRO 1 09:00-10:30		ACRO 1 12:00-13:30
ACRO 2 15:00-16:30		ACRO 2 15:00-16:30		ACRO 2 15:00-16:30	
	ACRO 3 14:30-16:00		ACRO 3 14:30-16:00		ACRO 3 12:00-13:30
ACRO 4 16:00-19:00	ACRO 4 16:00-19:00		ACRO 4 16:00-19:00	ACRO 4 16:00-19:00	ACRO 4 09:00-12:00
ACRO 5 14:00-15:30		ACRO 5 14:00-15:30		ACRO 5 14:00-15:30	
ACRO 6 15:00-17:00		ACRO 6 15:00-17:00		ACRO 6 15:00-17:00	
WAG 1 14:00-16:30		WAG 1 14:00-16:30		WAG 1 14:00-16:30	
WAG 2 15:00-17:30		WAG 2 15:00-17:30		WAG 2 15:00-17:30	
WAG 3 14:00-18:00	WAG 3 14:00-18:30	WAG 3 13:00-17:00	WAG 3 14:00-18:30	WAG 3 14:00-18:30	WAG 3 09:00-13:00
TRA 1 16:30-18:00	TRA 1 16:30-18:00		TRA 1 16:30-18:00	TRA 1 16:30-18:00	TRA 1 09:00-10:30
TRA 2 14:30-16:00	TRA 2 14:30-16:00		TRA 2 14:30-16:00	TRA 2 14:30-16:00	
TRA 3 09:00-10:30	TRA 3 09:00-10:30		TRA 3 09:00-10:30	TRA 3 09:00-10:30	

OJAG 3 - Training schedule for Gymnastics disciplines

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ACRO 1 17:00 - 18:30		ACRO 1 17:00 - 18:30		ACRO 1 17:00 - 18:30	ACRO 1 12:00 - 13:30
	ACRO 2 17:00 - 18:30		ACRO 2 17:00 - 18:30		ACRO 2 10:00 - 11:30
	WAG 1 17:00 - 18:30		WAG 1 17:00 - 18:30		WAG 1 12:00 - 13:30
WAG 2 17:00 - 18:30		WAG 2 17:00 - 18:30		WAG 2 17:00 - 18:30	
	MAG 1 17:00 -18:30		MAG 1 17:00 -18:30		MAG 1 14:00 -15:30
MAG 2 15:00 -16:30		MAG 2 15:00 -16:30		MAG 2 15:00 -16:30	

* ACRO	Acrobatic Gymnastics
* MAG	Men's Artistic Gymnastics
* WAG	Women's Artistic Gymnastics