

	Preschool	1hr Aged 4-6	1hr Aged 7+	2hr Gymnasts	Squad Gymnasts & Gymfusion Jun & Senior - Additional Session to programme Zooms
M O N D A Y	Zoom Class 3.45-4.30	Zoom Class 4.30-5.15 Badge 7 Skill Workshop 5.30-6.30 Badge 6 Skills Workshop 6.00-7.00 Christmas Display Dance 1 6.30-7.00 Badge 7 Assessment 7.00-7.30 Badge 6 Assessment 7.00-7.30	Zoom Class 5.15-6.00 Badge 7 Skill Workshop 5.30-6.30 Badge 6 Skills Workshop 6.00-7.00 Christmas Display Dance 1 6.30-7.00 Badge 7 Assessment 7.00-7.30 Badge 6 Assessment 7.00-7.30	Badge 7 Skill Workshop 5.30-6.30 Badge 6 Skills Workshop 6.00-7.00 Christmas Display Dance 1 6.30-7.00 Badge 7 Assessment 7.00-7.30 Badge 6 Assessment 7.00-7.30	National & Regional Junior Christmas Display 6.00-6.30 P1's & Regional Seniors Christmas Display 6.30-7.00
T U E S D A Y	Zoom Class 3.45-4.30	Badge 8 Skill Workshop 4.30-5.30 Zoom Class 5.30-6.15 Christmas Display Dance 4 -6.15-6.45 1hr Tumblers Zoom Class 6.30-7.15 Kids Cardio 6.45-7.15	Badge 8 Skill Workshop 4.30-5.30 Zoom Class 5.30-6.15 Christmas Display Dance 4 -6.15-6.45 1hr Tumblers Zoom Class 6.30-7.15 Kids Cardio 6.45-7.15	Born 2015 2hr Adv Rec Zoom Class 4.30-5.30 Born 2011/12 2hr Adv Rec Zoom Class 4.30-5.30 Born 2009/10 2hr Adv Rec Zoom Class 6.30-7.30 2hr Tumblers Zoom Class 6.30-7.15 Badge 8 Skill Workshop 4.30-5.30 Christmas Display Dance 4 -6.15-6.45 Kids Cardio 6.45-7.15	Development 1 & 2 Squad Christmas Display 6.15-6.45 Regional Seniors Strength & Conditioning Session 6.30-7.00 Kids Cardio 6.45-7.15
W E D N E S D A Y	Zoom Class 3.45-4.30	Zoom Class 4.30-5.15	Zoom Class 4.30-5.15 Gymfit 5.30-6.30	Born 2008 or before 2hr Adv Rec Zoom Class 4.30-5.30 Born 2013/14 2hr Adv Rec Zoom 5.30-6.30 Gymfit 5.30-6.30	Gymfit 5.30-6.30 Squad Dance Session for County Sen & Jun, Reg Jun & Seniors Nat & Dev 1 6.30-7.15
T H U R S D A Y	Zoom Class 3.45-4.30	Zoom Class 4.30-5.15 1hr Tumblers Zoom 6.30-7.30 Badge 6 Assessment 6.00-6.30 Christmas Display Dance 3 6.15-6.45 Badge 4 Assessment 6.30-7.00 Badge 5 Assessment 6.30-7.00 Boxercise 6.30-7.00	Zoom Class 5.15-6.30 1hr Tumblers Zoom 6.30-7.30 Badge 6 Assessment 6.00-6.30 Christmas Display Dance 3 6.15-6.45 Badge 4 Assessment 6.30-7.00 Badge 5 Assessment 6.30-7.00 Boxercise 6.30-7.00	Born 2016 2hr Adv Rec Zoom Class 4.30-5.15 Born 2011/12 2hr Adv Rec Zoom Class 4.30-5.30 Born 2009/10 2hr Adv Rec Zoom Class 5.30-6.30 2hr Tumblers Zoom 6.30-7.30 Badge 6 Assessment 6.00-6.30 Christmas Display Dance 3 6.15-6.45 Badge 4 Assessment 6.30-7.00 Badge 5 Assessment 6.30-7.00 Boxercise 6.30-7.00	County Senior & Junior Christmas Display 6.00-6.30 8hr Junior, Senior & 4hr FV Squads Christmas Display 6.30-7.00 Mini's, Presquad & Petites Christmas Display 6.30-7.00 Boxercise 6.30-7.00
F R I D A Y	Zoom Class 3.45-4.30	Zoom Class 4.30-5.15 Christmas Display Dance 2 6.30-7.00	Zoom Class 4.30-5.15 Christmas Display Dance 2 6.30-7.00	Christmas Display Dance 2 6.30-7.00	P1's Strength & Conditioning Session 6.30-7.30 Squad Dance Session for Development 2, 6hr Junior 1 & 2, Petites 1, 8hr FV Junior, 4hr F&V and Presquad gymnasts born 2014
S A T U R D A Y	Zoom Class 9.00-9.45	1hr Tumblers Zoom 9.00-10.00 Zoom Class 9.45-10.30 Boys 1hr & 2hr Zoom Class 11.00-12.00 Badge 8 Skills Workshop 9.00-10.00 Badge 8 Assessment 10.00-10.30 Preschool Christmas Display Dance 5 10.30-11.00 Christmas Display Dance 5 10.30-11.00 Badge 4 Skills Workshop 11.00-12.00 Badge 4 Assessment 12.00-12.30 Boys 1hr & 2hr Christmas Display 12.00 - 12.30 ALL GYMNASTS CHRISTMAS DISPLAY FINALE 12.30-1.00	1hr Tumblers Zoom 9.00-10.00 Zoom Class 9.45-10.30 Boys 1hr & 2hr Zoom Class 11.00-12.00 Badge 8 Skills Workshop 9.00-10.00 Badge 8 Assessment 10.00-10.30 Preschool Christmas Display Dance 5 10.30-11.00 Christmas Display Dance 5 10.30-11.00 Badge 4 Skills Workshop 11.00-12.00 Badge 4 Assessment 12.00-12.30 Boys 1hr & 2hr Christmas Display 12.00 - 12.30 ALL GYMNASTS CHRISTMAS DISPLAY FINALE 12.30-1.00	2hr Tumblers Zoom 9.00-10.00 Born 2015 2hr Adv Rec Zoom Class 9.00-9.45 Born 2013/14 2hr Adv Rec Zoom Class 10.30-11.30 Boys 2hr Zoom Class 11.00-12.00 Born 2011/12 2hr Adv Rec Zoom Class 11.30-12.30 Badge 8 Skills Workshop 9.00-10.00 Badge 8 Assessment 10.00-10.30 Preschool Christmas Display Dance 5 10.30-11.00 Christmas Display Dance 5 10.30-11.00 Badge 4 Skills Workshop 11.00-12.00 Badge 4 Assessment 12.00-12.30 Boys 1hr & 2hr Christmas Display 12.00 - 12.30 ALL GYMNASTS CHRISTMAS DISPLAY FINALE 12.30-1.00	ALL GYMNASTS CHRISTMAS DISPLAY FINALE 12.30-1.00
S U N D A Y		Zoom Class 9.30-10.15 Badge 7 Assessment 12.00-12.30 Badge 8 Assessment 12.00-12.30 Badge 7 Skills Workshop 1.00-2.00 Badge 6 Skills Workshop 1.00-2.00 Badge 5 Skills Workshop 1.00-2.00 Badge 7 Assessment 2.00-2.30 Badge 6 Assessment 2.00-2.30 Badge 5 Assessment 2.00-2.30	Zoom Class 10.15-11.00 Badge 7 Assessment 12.00-12.30 Badge 8 Assessment 12.00-12.30 Badge 7 Skills Workshop 1.00-2.00 Badge 6 Skills Workshop 1.00-2.00 Badge 5 Skills Workshop 1.00-2.00 Badge 7 Assessment 2.00-2.30 Badge 6 Assessment 2.00-2.30 Badge 5 Assessment 2.00-2.30	Born 2009/10 2hr Adv Rec Zoom 9.30-10.30 Born 2013/14 2hr Adv Rec Zoom 10.30-11.30 Born 2008 or before 2hr Adv Rec Zoom 11.30-12.30 Badge 7 Assessment 12.00-12.30 Badge 8 Assessment 12.00-12.30 Badge 7 Skills Workshop 1.00-2.00 Badge 6 Skills Workshop 1.00-2.00 Badge 5 Skills Workshop 1.00-2.00 Badge 7 Assessment 2.00-2.30 Badge 6 Assessment 2.00-2.30 Badge 5 Assessment 2.00-2.30	