

MAG DRAFT Training Schedule Christmas Holidays 2019

Last Day of Gymnastics for 2018 Saturday 22nd January 2018

7th January admin staff back

Squad/Coach	Monday 7 th January	Tuesday 8 th January	Wednesday 9 th January	Thursday 10 th January	Friday 11 th January	Saturday 12 th January
IMAG		Conditioning Club 9:00 – 11:00		Conditioning Club 9:00 – 11:00	Conditioning Club 11:00 – 1:00	
Junior 1 (Matthew)		Conditioning Club 9:00 – 11:00		Conditioning Club 9:00 – 11:00	Conditioning Club 11:00 – 1:00	
Junior 2 (Andrea)		Conditioning Club 9:00 – 11:00		Conditioning Club 9:00 – 11:00	Conditioning Club 11:00 – 1:00	
Intermediate 2 (Ben)		Conditioning Club 9:00 – 11:00		Conditioning Club 9:00 – 11:00	Conditioning Club 11:00 – 1:00	
Intermediate 1 (Ben)		Conditioning Club 9:00 – 11:00		Conditioning Club 9:00 – 11:00	Conditioning Club 11:00 – 1:00	
Seniors (Damon & Toby)		Conditioning Club 9:00 – 11:00		Conditioning Club 9:00 – 11:00	Conditioning Club 11:00 – 1:00	

Week 2

Squad/Coach	Monday 14 th January	Tuesday 15 th January	Wednesday 16 th January	Thursday 17 th January	Friday 18 th January	Saturday 19 th January
IMAG		12:30 – 3:30 @QEII			3:00 -6:00 @QEII	
Junior 1 (Matthew)		12:30 – 3:30			3:00 -6:00	
Junior 2 (Andrea)		12:30 – 3:30			3:00 - 6:00	
Intermediate 2 (Ben)	4:00 - 8:00	4:00 - 8:00			4:00 – 8:00	
Intermediate 1 (Ben)	4:00 - 8:00	4:00 - 8:00	11:00 - 3:00		4:00 – 8:00	
Seniors (Damon & Toby)	4:00 - 8:00		11:00 - 3:00	4:00 – 8:00	4:00 – 8:00	

Week 3

Squad/Coach	Monday 21st January	Tuesday 22nd January	Wednesday 23rd January	Thursday 24th January	Friday 25th January	Saturday 26th January
IMAG			4:00 – 7:00 (JNR Clinic)	10:00 – 1:00 (JNR Clinic)	12:00 -3:00 (JNR Clinic)	
Junior 1 (Matthew)			4:00 – 7:00 (JNR Clinic)	10:00 – 1:00 (JNR Clinic)	12:00 -3:00 (JNR Clinic)	
Junior 2 (Andrea)			4:00 – 7:00 (JNR Clinic)	10:00 – 1:00 (JNR Clinic)	12:00 -3:00 (JNR Clinic)	
Intermediate 2 (Ben)	4:00 – 8:00	11:30 – 3:30		4:00 – 8:00 (SNR Clinic)	4:00 – 8:00 (SNR Clinic)	9:00 – 1:00 (SNR Clinic)
Intermediate 1 (Ben)	11:30 – 3:30	4:00 – 8:00		4:00 – 8:00 (SNR Clinic)	4:00 – 8:00 (SNR Clinic)	9:00 – 1:00 (SNR Clinic)
Seniors (Damon & Toby)	4:00 - 8:00	4:00 - 8:00		4:00 – 8:00 (SNR Clinic)	4:00 – 8:00 (SNR Clinic)	9:00 – 1:00 (SNR Clinic)

Monday 28th onwards term 1 Set Training Times