

## WAG Training Schedule July Holidays - WEEK 1

	COACH	Monday 11/07	Tuesday 12/07	Wednesday 13/07	Thursday 14/07	Friday 15/07	Saturday 16/07
Senior A & B	Rian/Rosy	9:00-1:00	<b>NATIONALS</b>				
STEP 5&6 Nationals Gymnasts	Tammy	9:00-12:00					
Intermediate A&B	Toby	2:00-6:00	3:00-7:00		11:00-3:00		
Intermediate C&D	Geo	2:30-6:30	3:00-6:00			2:30-5:30	
Junior A	Millie/Rian	3:00-6:00		2:30-5:30		2:30-5:30	
Junior B	Taryn		3:00-6:00		3:00-6:00		
Junior C	Millie		3:00-6:00		3:00-6:00		
STEP 1	Tammy	1:00-3:00	12:00-2:00				
STEP1	Heather	1:00-3:00	12:00-2:00				

## WAG Training Schedule July Holidays - WEEK 2

	COACH	Monday 18/07	Tuesday 19/07	Wednesday 20/07	Thursday 21/07	Friday 22/07	Saturday 23/07
Senior A&B	Rian/Rosy	<b>NO TRAINING - WEEK OFF AFTER NATIONALS</b>					
Intermediate A&B	Tammy/Toby		4:00-8:00 With Geo		1:30-5:30 With Geo		
Intermediate C&D	Geo	4:00-8:00		1:30-5:30		1:30-5:30	
Junior A	Millie/Rian	2:30-5:30 Taryn		2:30-5:30 Taryn		2:30-5:30 Taryn	
Junior B	Taryn		2:30-5:30		2:30-5:30		
Junior C	Millie		2:30-5:30		2:30-5:30		
STEP 1	Tammy	12:00-2:00	12:00-2:00				
STEP1	Heather	12:00-2:00	12:00-2:00				