

**NATIONAL CLUBS 2007 LEVELS 6-10 TRAINING**

	SAT-1ST	SUN-2ND	MON-3RD	TUE-4TH	WED-5TH	THURS-6TH	FRI-7TH	SAT-8TH
AM	L6 & L7 Train <b>H</b> 11:30 - 15:30	L10 Train <b>B</b> 8:00 - 11:00 (routines)  L8 Train <b>B</b> 10:30 - 13:30 (Skills)	L10 Train <b>H</b> 10:00 - 12:00 (Basic)	L10 Comp  7:45 - 12:30	L7 Train <b>B</b> 7:00 - 9:30 (routines)  L6 Train <b>A</b> 9:30 - 12:00 (routines)	L7 Comp  8:00 - 12:00  L8 Train <b>H</b> 12:00 - 15:00		L7 Comp  8:00 - 12:00
PM	L10 Train <b>B</b> 15:00 - 1800 (routines)  L8 Train <b>B</b> 17:30 - 20:30 (Skills)		L8 Comp  12:00 - 15:30  L6 & L7 Train <b>H</b> 16:00 - 19:15 (routines)	L8 Comp  12:00 - 15:30  L6 & L7 Train <b>H</b> 16:00 - 18:00 (Skills)	L10 Comp  12:00 - 16:00	L6 Comp  16:00 - 20:00	L6 & L7 Train <b>H</b> 13:00 - 15:00 (Basic)  L8 & L10 Train <b>H</b> 13:00 - 17:00	L8 & L10 Train <b>H</b> 12:00 - 15:00  L6 Comp  16:00 - 20:00

**NOTE: \*GYMNASTS MUST ARRIVE 15 MINUTES BEFORE START TIMES.**

**\*FOR COMPETITION - MEET OUTSIDE THE AIS SHOP**

**H** HOME (AT CCGC)  
**A** AIS ARENA - GYM A  
**B** AIS ARENA - GYM B