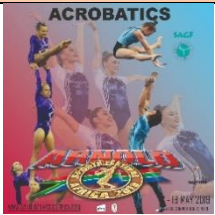




### GYMNASTICS PROGRAM

Date	Time	Program	Detail
Friday 17 <sup>th</sup> May 	REGISTRATIONS 07H30-08H00 08H30 – 14H30  14H30-17H30	<b>Aerobics Competition</b>	L2 COMPETITIONS Individual Duos Trios Steps L3 WORKSHOP and Talent ID
09H00-17H00		“COME AND TRY”	Interactive stations for public: Fitness + basic skills
	14H00 – 17H30	<b>Acrobatics Displays</b>	Acrobatics displays of duos, trios, 4’s and teams
09H00-17H00		“COME AND TRY”	Interactive stations for public: Fitness + basic skills
Saturday 18 <sup>th</sup> May 	REGISTRATIONS 07H30-08H00 08H30 – 17H30	<b>Rope Skipping            Zone Competition</b>	L1-3 Individual Speed Double under Free-Style Advanced Team Double Dutch speed Double Under Team Demo
09H00-17H00		“COME AND TRY”	Interactive stations for public: Fitness + basic skills

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