

RECREATIONAL & INTERMEDIATE GYMNASTICS TRAINING CALENDAR 2019-2020

September & October									
Training Dates	2 - 8 Sep	9 - 15 Sep	16 - 22 Sep	23 - 29 Sep	30 Sep - 6 Oct	7 - 13 Oct	14 - 20 Oct	21 - 27 Oct	28 - 3 Nov
Monday	-	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	BH
Tuesday	-	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Wednesday	-	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Thursday	-	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Friday	-	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Saturday	-	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Sunday	-	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
November & December									
Training Dates	4 - 10 Nov	11 - 17 Nov	18 - 24 Nov	25 Nov - 1 Dec	2 - 8 Dec	9 - 15 Dec	16 - 22 Dec	23 - 29 Dec	30 Dec - 5 Jan
Monday	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	A	A
Tuesday	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	A	A
Wednesday	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	A	BH
Thursday	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	A	A
Friday	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	A	A
Saturday	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	A	A
Sunday	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	A	A
January & February									
Training Dates	6 - 12 Jan	13 - 19 Jan	20 - 26 Jan	27 Jan - 2 Feb	3 - 9 Feb	10 - 16 Feb	17 - 23 Feb	24 Feb - 1 Mar	
Monday	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	-
Tuesday	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	-
Wednesday	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	-
Thursday	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	-
Friday	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	-
Saturday	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	-
Sunday	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	-
March & April									
Training Dates	2 - 8 Mar	9 - 15 Mar	16 - 22 Mar	23 - 29 Mar	30 Mar - 5 Apr	6 - 12 Apr	13 - 19 Apr	20 - 26 Apr	27 Apr - 3 May
Monday	Week 22	Week 23	Week 24	Week 25	Week 26	Week 27	BH	Week 28	Week 29
Tuesday	Week 23	Week 24	St. Patrick's	Week 25	Week 26	Week 27	B	Week 28	Week 29
Wednesday	Week 23	Week 24	Week 25	Week 26	Week 27	B	B	Week 28	Week 29
Thursday	Week 23	Week 24	Week 25	Week 26	Week 27	B	B	Week 28	Week 29
Friday	Week 23	Week 24	Week 25	Week 26	Week 27	B	B	Week 28	Week 29
Saturday	Event 2 (OPT-INT) / Week 23	Week 24	Week 25	Week 26	Week 27	B	B*	Week 28	Week 29
Sunday	Event 2 (OPT-INT) / Week 23	Week 24	Week 25	Week 26	Week 27	B	B*	Week 28	Week 29
May & June									
Training Dates	4 - 10 May	11 - 17 May	18 - 24 May	25 - 31 May	1 - 7 Jun	8 - 14 Jun	15 - 21 Jun	22 - 28 Jun	29 Jun - 5 Jul
Monday	BH	Week 30	Week 31	Week 32	BH	Week 33	Week 34	Week 35	Week 36
Tuesday	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38
Wednesday	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38
Thursday	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38
Friday	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38
Saturday	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38
Sunday	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38
July & August									
Training Dates	6 - 12 Jul	13 - 19 Jul	20 - 26 Jul	27 Jul - 2 Aug	3 - 9 Aug	10 - 16 Aug	17 - 23 Aug	24 - 30 Aug	
Monday	Week 37	Week 38	Week 39	C	BH	Week 40	Week 41	Week 42	-
Tuesday	Week 39	Week 40	Week 41	C	Week 42	Week 43	Week 44	D	-
Wednesday	Week 39	Week 40	Week 41	C	Week 42	Week 43	Week 44	D	-
Thursday	Week 39	Week 40	Week 41	C	Week 42	Week 43	Week 44	D	-
Friday	Week 39	Week 40	Week 41	C	Week 42	Week 43	Week 44	D	-
Saturday	Week 39	Week 40	Week 41	C	Week 42	Week 43	Week 44	D	-
Sunday	Week 39	Week 40	Week 41	C	Week 42	Week 43	Week 44	D	-