



**WYNLAND
GYMNASTICS**

Wynland Gimnastiekklub / Wynland Gymnastics Club
 DuToitstraat Ontspanningsaal / Du Toit street Recreation Hall,
 PAARL
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GIRLS TRAINING SCHEDULE 2024

LEVEL	DAY & TIME	HOURS PER SESSION	HOURS PER WEEK
GYM MIX			
GYM MIX 1	Friday 14h15-15h15	1 HOUR	1 Hour
GYM MIX 2			
PRE-LEVEL			
PRE-LEVEL A	Tuesdays & Thursdays 14h00-15h00	1 HOUR	2 Hours
PRE-LEVEL B	Tuesdays & Thursdays 15h00 -16H00		
PRE-LEVEL C	Tuesdays & Thursdays 16h00-17h00		
PRE-LEVEL D	Mondays & Wednesdays 14h45-15h45		
LEVEL 1			
LEVEL 1 A	Mondays & Wednesdays 15H45 - 17H15	1,5 HOURS	3 Hours
LEVEL 1 B	Mondays & Wednesdays 14h15 - 15h45		
LEVEL 1 C	Tuesdays & Thursdays 14h15 - 15h45		
LEVEL 1 D	Tuesdays & Thursdays 15h45 - 17h15		
LEVEL 2 (TRAIN 2/ 3 DAYS)			
LEVEL 2	Mondays 14h45 -16h45	2 Hours	4/6 Hours
	Tuesdays 14h45 -16h45		
	Wednesdays 14h45-16h45		
	Thursdays 14h45-16h45		
LEVEL 3 (TRAIN 3/4 DAYS)			
LEVEL 3	Mondays 14h45 -16h45	2 Hours	6/8 Hours
	Tuesdays 14h45 -16h45		
	Wednesdays 14h45-16h45		
	Thursdays 14h45-16h45		
JUNIOR SQUAD (TRAIN 3 DAYS)			
JUNIOR SQUAD	Mondays, Tuesdays & Wednesdays 14h45-16h45	2 Hours	6 Hours
LEVEL 4 (TRAIN 4 DAYS)			
LEVEL 4	Mondays, Tuesdays, Wednesdays & Thursdays 16h15 - 19h15	3 Hours	12 Hours
5 & 6 (TRAIN 5 DAYS)			
LEVEL 5 & 6	Mondays, Tuesdays, Wednesdays & Thursdays 16h15-19h15	3 Hours	12 Hours/15 Hours
	Optional Fridays 2h45-5h45	3 Hours	
LEVEL 7+			
LEVEL 7+	Mondays - Thursdays 16h00-19h15	3.25 Hours	13 Hours/ 16 Hours/ 19.5 Hours
	Fridays 14h45-17h45	3 Hours	
	Saturdays optional tbc	3.5 Hours	
BOYS TRAINING SCHEDULE 2024			
GYM MIX			
GYM MIX 1	Combined with Pre-Level	1 Hour	1 Hour
PRE-LEVEL			
PRE-LEVEL 1	Mondays & Wednesdays 14h30-15h30	1 Hour	2 Hours
COMPETITION BOYS (LEVEL 1-5)			
Level 1-3	Tuesdays & Thursdays 14h30-16h00	1.5 Hour	3 Hours
Level 4 & 5	Mondays, Tuesdays, Wednesdays 16h15-19h15	3 Hours	9 Hours
Level 4 &5	Fridays 14h15- 15h45	1.5 Hour	
EXTRA DISCIPLINES 2024			
TUMBLE			
TUMBLE	SATURDAYS 8h00-9h30	1.5 HOURS	1.5 HOURS
ADULTS	TUESDAYS & THURSDAYS 19:00 - 20:15	1.25 HOURS	2.5 HOURS