



**Rhythmic Gymnastics
Podium Training Schedule**

Thursday March 16, 2017				
Club	Gym C Free Warm up	Gym B Warm up Carpet 1	Gym B Warm Up Carpet 2	Gym A Podium training
Chinook	Free Warm up time		8:24 - 9:04	9:09 - 9:30
Okanagan	Free Warm up time	8:45 - 9:25		9:30 - 9:57
Mississauga/Olympia	Free Warm up time		9:14 - 9:54	9:59 - 10:32
Origami	Free Warm up time	9:49 - 10:29		10:34 - 10:40
Adagio	Free Warm up time		9:55 - 10:35	10:40 - 11:10
Extenso	Free Warm up time	10:25 - 11:05		11:10 - 11:22
GCG Group	Free Warm up time		10:37 - 11:17	11:22 - 11:32
Salut	Free Warm up time	10:47 - 11:27		11:32 - 12:26
GCG Group	Free Warm up time		11:41 - 12:21	12:26 - 12:30
Viva / Planet	Free Warm up time	11:45 - 12:25		12:30 - 12:45
GCG Group	Free Warm up time			12:45 - 12:50
Silhouettes of York York Stars	Free Warm up time	12:25 - 12:50	12:21 - 12:50	12:50 - 1:22
Trillium	Free Warm up time	12:50 - 13:10	12:50 - 13:25	13:25 - 13:55
Kalev	Free Warm up time	13:10 - 13:50		13:55 - 14:20
Rythmik Quebec	Free Warm up time		13:35 - 14:20	14:20 - 14:35
Wascana / Questo	Free Warm up time	13:50 - 14:30		14:35 - 14:58
Aura RG	Free Warm up time		14:20 - 15:00	15:00 - 15:21
Edmonton RGC Expressia / Elite Gymnastics	Free Warm up time	14:37 - 15:17		15:22 - 15:43
Kanata	Free Warm up time		15:03 - 15:40	15:43 - 15:55
HPTCl/Ritmo	Free Warm up time	15:17 - 15:25	15:30 - 16:10	15:55 - 16:34
16:45 - 17:45	Orientation Meeting - EC accredited coaches (Meeting room on 2nd floor of venue)			
18:00 - 20:00	Reception Coaches & Judges (Meeting room on 2nd floor of venue)			