



# ENGLISH GYMNASTICS

## Friday Podium Training Slots V3

Due to a large proportion of requests, we have agree to change the podium training to Clubs and not flights. Please see below you new podium training slots. These slots will not be changed and you are not allowed to train outside of your slot.

	Stretching Area	Warm Up Track	Competition Tracks
Bromley Valley, Cheshire, Dyson, Milton Keynes, MK Springers, Pinewood, Sheer Velocity, Wirral	15:30 - 16:00	16:00 - 16:30	16:30 - 17:00
Amber Valley, Barnsley, Basingstoke, Inspire, Treasure	16:00 - 16:30	16:30 - 17:00	17:00 - 17:30
OLGA, Revolution, Sandwell Flyers, Sittingbourne, Spelthorne, Tumbles Academy, Walsall	16:30 - 17:00	17:00 - 17:30	17:30 - 18:00
Liverpool, Newton Abbot, Phoenix Tumbling, Teesside, Torbay, Unity Power Tumbling, Wakefield, Zero Gravity	17:00 - 17:30	17:30 - 18:00	18:00 - 18:30
Abingdon, Allstarz, Blandford, Booker, DC Gym, Diamonds, Durham, Hartlepool, Orchard, Stainsby, Starlight, Stevenage, Sutton	17:30 - 18:00	18:00 - 18:30	18:30 - 19:00
Bourne, Bury Spectrum, Eclipse, Elstree, Gryphon West, Harrogate, Hertford, HGC, Hollington, Shepton Mallet, Southampton, South Tyneside, Southwark, Swindon	18:00 - 18:30	18:30 - 19:00	19:00 - 19:30
Checkers, Croydon, GymMad, Harlequin, Holbeach & Fenland, Loughborough, Nitro, Northern Hope, Phoenix Gymnastics, Portsmouth, Redcar, Rugby, Saltaire, Sandbach, Tumble Twist & Turn	18:30 - 19:00	19:00 - 19:30	19:30 - 20:00

## Saturday Podium Training Slots V3

Due to a large proportion of requests, we have agree to change the podium training to Clubs and not flights. Please see below you new podium training slots. These slots will not be changed and you are not allowed to train outside of your slot.

	Stretch Area	Warm Up Track	Competition Tracks
Amber Valley, Booker, Bromley Valley, Durham, Milton Keynes, Portsmouth, South Tyneside, Spelthorne, Stainsby	16:30 - 17:00	17:00 - 17:30	17:30 - 18:00
Andover, Diamonds, Northern Hope, Revolution, Sandwell Flyers, Unity Power Tumble, Wirral	17:00 - 17:30	17:30 - 18:00	18:00 - 18:30
Cheshire, Liverpool, Newton Abbot, OLGA, Pinewood, Wakefield	17:30 - 18:00	18:00 - 18:30	18:30 - 19:00
Bourne, Bury Spectrum, Checkers, Harlequin, Harrogate, HGC, Hollington, Inspire, Jumpers, Rowan, Rugby	18:00 - 18:30	18:30 - 19:00	19:00 - 19:30
Hartlepool, Orchard, Sheer Velocity, Shepton Mallet, Stevenage, Teesside, Torbay, Tumble Twist & Turn, Southwark	18:30 - 19:00	19:00 - 19:30	19:30 - 20:00