

PODIUM TRAINING



THURSDAY, 20th MARCH 2025

FRIDAY, 21st MARCH 2025

CLUB	THURSDAY, 20th MARCH 2025				FRIDAY, 21st MARCH 2025			
	MATS	WARM-UP FLOOR	COMPETITION FLOOR IN	COMPETITION FLOOR OUT	MATS	WARM-UP FLOOR	COMPETITION FLOOR IN	COMPETITION FLOOR OUT
ISG	17:30	17:45	18:30	19:15	11:00	11:15	11:55	12:30
APAGL	18:15	18:30	19:15	20:15				
CEDF	19:15	19:30	20:15	21:30				
GCL	19:15	19:30	20:15	21:30				
GSC					10:00	10:15	10:55	11:30
CPSBM					11:30	11:45	12:25	13:00
AgCC					14:40	14:55	15:35	16:10
CUAB					15:15	15:30	16:10	16:45
GRVM					15:50	16:05	16:45	17:35

