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| **Monday 27th July** |  |
| **9:30am** | Gymnast drop off and registration |
| **10am - 1pm** | Morning training |
| **1pm – 2pm** | Lunch break |
| **2pm - 5pm** | Afternoon Training |
| **5pm** | Gymnast pick up(parents) |
| **Tuesday 28th July** |  |
| **9:15 am** | Gymnast drop off(parents) |
| **9.30 to 1pm** | Morning training |
| **1pm—2pm** | Lunch Break |
| **2pm—5:00pm** | Afternoon Training |
| **5pm** | Gymnast pick up(parents) |
| **Wednesday 29th July** |  |
| **9:15 am** | Gymnast drop off(parents) |
| **9:30 am – 1:30 pm** | Morning training |
| **1.30pm – 4.30pm** | BBQ and field Games |
| **5:00pm** | Gymnasts Travel to Cambridge |
| **6pm - 7:00pm** | Diving |
| **7:30 – 8pm** | Pick up from gym car park(parents) |
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| **Thursday 30th July** |  |
| **9:15 am** | Gymnast drop off(parents) |
| **9:30 am – 1pm** | Morning training |
| **1pm - 2:30pm** | Lunch |
| **2:30 pm - 5pm** | Afternoon training |
| **5:00 pm** | Training ends – pick up at gym (parents) |
| **6pm** | Drop off at Gym (parents) |
| **6pm - 8pm** | Evening Activities |
| **8pm** | Pick up from gym(parents) |
| **Friday 31st July** |  |
| **9:15am** | Gymnast drop off(parents) |
| **9:30am – 12:45pm** | Morning training |
| **12:45pm – 2pm** | Lunch |
| **2pm - 4pm (approx.)** | Show |
| **3pm onwards** | Gymnast Pick up(parents) |