

**Allure Rythmic Gymnastics TRAINING TABLE 2025**

\*Training end time depends on each gymnast

| Monday                         |                |                                    |                |                                                           |          |                      |                        |
|--------------------------------|----------------|------------------------------------|----------------|-----------------------------------------------------------|----------|----------------------|------------------------|
| Snr, Jnr, pre-Jnr, Level 9 &10 |                | Level 5-8, Sub-Jnr and Development |                | Level 3 & 4                                               |          | Beginner, Level1 & 2 |                        |
| 4:00-4:45                      | Warm up        | 4:00-4:45                          | Warm up        | 4:00-5:00                                                 | Training | 4:00-5:00            | Training               |
| 4:45-5:45                      | Ballet         | 4:45-5:45                          | Training       | 5:00-6:00                                                 | Training | 5:00-6:00            | (2h option available ) |
| 5:45-6:45                      | Training       | 5:45-6:45                          | Ballet         |                                                           |          |                      |                        |
| 6:45-8:00                      | Training       | 6:45-8:00                          | Training       |                                                           |          |                      |                        |
| Tuesday                        |                |                                    |                |                                                           |          |                      |                        |
| Snr, Jnr, pre-Jnr, Level 9 &10 |                | Level 5-8, Sub-Jnr and Development |                | Level 3 & 4                                               |          | Beginner, Level1 & 2 |                        |
| 4:00-4:45                      | Warm up        | 4:00-4:45                          | Warm up        | 4:00-5:00                                                 | Training | 4:00-5:00            | Training               |
| 4:45-5:45                      | Ballet         | 4:45-5:45                          | Training       | 5:00-6:00                                                 | Training | 5:00-6:00            | (2h option available ) |
| 5:45-6:45                      | Training       | 5:45-6:45                          | Training       |                                                           |          |                      |                        |
| 6:45-8:00                      | Training       | 6:45-8:00                          | Training       |                                                           |          |                      |                        |
| Wedsnesday                     |                |                                    |                |                                                           |          |                      |                        |
| NO Training                    |                |                                    |                |                                                           |          |                      |                        |
| Thursday                       |                |                                    |                |                                                           |          |                      |                        |
| Snr, Jnr, pre-Jnr, Level 9 &10 |                | Level 5-8, Sub-Jnr and Development |                | Level 3 & 4                                               |          | Beginner, Level1 & 2 |                        |
| 4:00-5:00                      | Warm up        | 4:00-5:00                          | Warm up        | 4:00-5:00                                                 | Training | 4:00-5:00            | Training               |
| 5:00-6:00                      | Training       | 5:00-6:00                          | Training       | 5:00-6:00                                                 | Training | 5:00-6:00            | (2h option available ) |
| 6:00-7:00                      | Training       | 6:00-7:00                          | Training       |                                                           |          |                      |                        |
| 7:00-8:00                      | Training       | 7:00-8:00                          | Training       |                                                           |          |                      |                        |
| Friday                         |                |                                    |                |                                                           |          |                      |                        |
| Snr, Jnr, pre-Jnr, Level 9 &10 |                | Level 5-8, Sub-Jnr and Development |                | Level 3 & 4                                               |          | Beginner, Level1 & 2 |                        |
| 4:00-5:00                      | Warm up        | 4:00-5:00                          | Warm up        | 4:00-5:00                                                 | Training | 4:00-5:00            | Training               |
| 5:00-6:00                      | Training       | 5:00-6:00                          | Training       | 5:00-6:00                                                 | Training | 5:00-6:00            | (2h option available ) |
| 6:00-7:00                      | Training       | 6:00-7:00                          | Training       |                                                           |          |                      |                        |
| 7:00-8:00                      | Training       | 7:00-8:00                          | Training       |                                                           |          |                      |                        |
| Saturday                       |                |                                    |                |                                                           |          |                      |                        |
| Snr, Jnr, pre-Jnr, Level 9 &10 |                | Level 5-8, Sub-Jnr and Development |                | Level 3 & 4                                               |          | Beginner, Level1 & 2 |                        |
| 9:30-1:30                      | Training       | 9:30-12:30                         | Training       | No Training<br><br>*Make-up lesson available upon request |          |                      |                        |
| 1:30-2:00                      | (Break)        |                                    |                |                                                           |          |                      |                        |
| 2:00-3:00                      | Private lesson | 2:00-3:00                          | Private lesson |                                                           |          |                      |                        |
| 3:00-4:00                      | Private lesson | 3:00-4:00                          | Private lesson |                                                           |          |                      |                        |