



DYNAMO GYMNASTICS SPORTS CENTRE INC. | 650 JAMIESON PARKWAY UNIT #8 | CAMBRIDGE
 ONTARIO | CANADA | N3C 0A5 | PHONE: 519-658-4670 | FAX: 519-658-4672
 INFO@DYNAMOGYMNASTICS.CA | WWW.DYNAMOGYMNASTICS.CA

TG Competitive Schedule 2024-2025
STARTING WEDNESDAY, SEPTEMBER 4th

updated: 01.05.2025 Ellen

GROUP / TRAINING HOURS PER WEEK	Tumbling Hours	Strength & Conditioning	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP A Abdul Karisly	7.5	1	4:00 - 6:30pm			6:30 - 9:00pm			S&C Group 1: 11:00am-12:00pm 12:00 - 2:30 pm S&C Group 2: 2:30-3:30pm
Group B Ashton White Abdul Karisly	7.5	1	S&C Group 1: 5:30-6:30pm 6:30 - 9:00pm		4:00 - 6:30pm w/ Ashton				S&C Group 2: 8:00-9:00am 9:00 - 11:30am
GROUP C Abdul Karisly	7.5	Optional (1)		4:00 - 6:30pm S&C : 6:30-7:30pm		4:00 - 6:30pm			9:00 - 11:30am
GROUP D Abdul Karisly Kyla Hadlow	5	0			4:00 - 6:30pm w/ Kyla				2:30 - 5:00pm