

2016 NEW ZEALAND NATIONAL GYMSPORTS CHAMPIONSHIPS  
**AEROBICS TIMETABLE**

<b>Wednesday 28 September</b>	<b>Training</b> ADP & International 8.30-10.15am			<b>Opening Ceremony</b> 5.00-5.45pm	<b>Training</b> ADP & International 6.00-8.10pm
				<b>Session 6</b>	<b>Session 7</b>
<b>Thursday 29 September</b>		<b>Manager's Meeting</b> 10.00-10.30am		<b>AeroSkools Level 3 Individual Heats</b> Warm up: 2.30-3.00pm Compete: 3.00-4.30pm	<b>AeroSkools Level 4 &amp; 5 Individual Heats</b> Warm up: 5.00-5.30pm Compete: 5.30-7.20pm
	<b>Session 8</b>	<b>Session 9</b>	<b>Session 10</b>	<b>Session 11</b>	<b>Session 12</b>
<b>Friday 30 September</b>	<b>AER Forum</b> 9.15-10.15am	<b>Open Levels Individual Heats</b> Warm up: 10.15-10.45am Compete: 10.45am- 12.25pm	<b>AeroSkools &amp; Open Levels Pairs &amp; Groups Heats</b> Warm up: 12.30-1.00pm Compete: 1.00-2.45pm	<b>AeroDance ADP &amp; Int Pairs, Trios and Groups Heats</b> Warm up: 3.00-3.30pm Compete: 3.30-4.30pm	<b>International Individual Heats</b> Warm up: 4.45-5.15pm Compete: 5.15-6.05pm
	<b>Session 13</b>	<b>Session 14</b>	<b>Session 15</b>	<b>Session 16</b>	<b>Session 17</b>
<b>Saturday 1 October</b>	<b>ADP 2 &amp; 3 Individual Heats</b> Warm up: 8.00-8.30am Compete: 8.30-9.40am	<b>ADP 4 &amp; 5 Individual Heats</b> Warm up: 10.00-10.30am Compete: 10.30-11.35am	<b>Open Levels Individual Finals</b> Warm up: 12.30-1.00pm Compete: 1.00-2.10pm	<b>AeroSkools Levels Individual Finals</b> Warm up: 2.30-3.00pm Compete: 3.00-5.05pm	<b>International Individual &amp; Trios AeroDance Finals</b> Warm up: 5.30-6.00pm Compete: 6.00-7.30pm
	<b>Session 18</b>	<b>Session 19</b>	<b>Session 20</b>		
<b>Sunday 2 October</b>	<b>Open Levels Pairs &amp; Groups ADP Pairs, Trios &amp; Groups Finals</b> Warm up: 8.00-8.30am Compete: 8.30-9.15am	<b>AS Levels Pairs &amp; Groups Finals</b> Warm up: 9.30-10.00am Compete: 10.00-11.15am	<b>ADP Individual Finals</b> Warm up: 11.15am-11.45am Compete 11.45-1.40pm	<b>Closing Ceremony</b> 4.00-5.00pm	<b>After Party</b> 7.00pm