

**2023 NEW ZEALAND GYMNASTICS CHAMPIONSHIPS  
AEROBICS TIMETABLE**

<b>Tuesday 4 July</b>	<b>Training</b>	<b>Training</b>	<b>Training</b>	<b>Training</b>  <b>RG &amp; AER Managers Meeting</b> (Meeting room) 2.15-3.00pm	<b>Training</b>
	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>	<b>Session 5</b>
<b>Wednesday 5 July</b>				<b>Opening Ceremony</b> 5.00-5.45pm	
	<b>Session 6</b>	<b>Session 7</b>	<b>Session 8</b>	<b>Session 9</b>	<b>Session 10</b>
<b>Thursday 6 July</b>	<b>AER Judges Meeting</b> (Meeting room) 8.00-10.00am	<b>AER Levels 8-9 Heats (Individual)</b> Warm up: 10.00-10.20am Compete: 10.30-12.30pm	<b>AER Levels 6-7 Heats (Individual)</b> Warm up: 12.45-1.05pm Compete: 1.15-2.45pm	<b>AER International Heats (Individual)</b> Warm up: 2.45-3.05pm Compete: 3.15-5.30pm	<b>AER Forum</b> (Meeting room) 6.45-7.45pm
	<b>Session 11</b>	<b>Session 12</b>	<b>Session 13</b>	<b>Session 14</b>	<b>Session 15</b>
<b>Friday 7 July</b>		<b>AER Levels 8-9 Finals (Individual)</b> Warm up: 10.00-10.20am Compete: 10.30-12.30pm Aerobic Coaching Medals 12:30pm <i>Prize Giving: 5:40pm</i>	<b>AER Levels 6-7 Finals (Individual)</b> Warm up: 12.45-1.05pm Compete: 1.15-2.45pm <i>Prize Giving: 5:40pm and And Overall Levels Award</i>	<b>AER Teams Heats</b> Warm up: 2.45-3.05pm Compete: 3.15-5.30pm	<b>Junior &amp; Senior International Training</b> 7.30-8.30pm
	<b>Session 16</b>	<b>Session 17</b>	<b>Session 18</b>		
<b>Saturday 8 July</b>	<b>AER Teams Finals</b> Warm up: 8.30-8.50am Compete: 9.00-10.30am Aerobic Coaching Medals 10:30pm  <i>Prize Giving: 11:00am</i>		<b>AER International Finals (Individual)</b> Warm up: 12.30-12.50pm Compete: 1.00-3.15pm <i>Prize Giving: 4:30pm And all Aerobic Specific Awards</i>	<b>Closing Ceremony 4:45pm</b>	

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