

2025 XP GYMNASTICS NATIONALS Aerobics Timetable Final

	Session 6	Session 7	Session 8	Session 9	Session 10
Wed 24 Sep	Note: <i>Opening Ceremony 1pm Tuesday</i>			Training	Training
	Session 11	Session 12	Session 13	Session 14	Session 15
Thu 25 Sep	AER Judges Meeting 8.00-9.00am	ALP 7 Individuals Heats Warmup 9.15am March on 10.15am Competition 10.25am-11.35am	ALP 7/8 & 9/10 Heats Multiples/Team All AeroDance Warmup 11.05am March on 12.05pm Competition 12.15pm-2.05pm		*Senior Session* All International Individuals Heats Warmup 3.35pm March on 4.35pm Competition 4.45-6.10pm
	Session 16	Session 17	Session 18	Session 19	Session 20
Fri 26 Sep	FINALS ALP 7/8 & 9/10 Multiples/Team All AeroDance Warmup 7.20am March on 8.20am Competition 8.30am-10.00am Prizegiving: ALP 9/10 Multiples & Teams: 11:30am Prizegiving: ALP 7/8 Multiples & Teams and AeroDance: 4:40pm	ALP 6 & 8 Individuals Heats Warmup 9.20am March on 10.20am Competition 10.30am-12.00pm	ALP 9 & 10 Individuals Heats Warmup 11.45am March on 12.45pm Competition 12.55pm-3.00pm	AER Forum 3.30-4.30pm	
	Session 21	Session 22	Session 23		
Sat 27 Sep	FINALS ALP 6, 7 & 8 Individuals Warmup 7.50am March on 8.50am Competition 9.00am-10.35am <i>Coaches' medals presentation on the competition floor 10:35am</i> Prizegiving: 11:45am	FINALS ALP 9 & 10 Individuals Warmup 9.55am March on 10.55am Competition 11.05am-12.40pm Prizegiving: 2.45pm	FINALS All International Individuals Warmup 12.10pm March on 1.10pm Competition 1.20pm-2.45pm Prizegiving: 4:30pm		