

**2026 XP GYMNASTICS NATIONALS
Aerobics Timetable Draft V1**

	Session 6	Session 7	Session 8	Session 9	Session 10
Wed 30 Sep				Training	Training
	Session 11	Session 12	Session 13	Session 14	Session 15
Thu 1 Oct	AER Judges Meeting	ALP 7 Individuals Heats	ALP 7/8 & 9/10 Heats Multiples/Team All AeroDance		*Hero Session* All International Individuals Heats
	Session 16	Session 17	Session 18	Session 19	Session 20
Fri 2 Oct	FINALS ALP 7/8 & 9/10 Multiples/Team All AeroDance	ALP 8 Individuals Heats	ALP 9 & 10 Individuals Heats		
	Session 21	Session 22	Session 23		
Sat 3 Oct	FINALS ALP 7 & 8 Individuals	FINALS ALP 9 & 10 Individual	FINALS Hero Session All International Individuals		