

2026 XP GYMNASTICS NATIONALS
Rhythmic Gymnastics Timetable Draft V1 Mar

Mon 28 Sep	Training	Training	Training	Training	Training
	Session 1	Session 2	Session 3	Session 4	Session 5
Tue 29 Sep	Grade 3 N & P Groups	Grade 4 Group	Grade 5 Group		Level 10 & International Training
	Session 6	Session 7	Session 8	Session 9	Session 10
Wed 30 Sep	Level 5 National	Level 6 National	Level 5-8 Performance	Level 7 National	
	Session 11	Session 12	Session 13	Session 14	Session 15
Thu 1 Oct	Level 5-8 Performance	Level 8 National	Level 9 National	*Hero Session* Level 10 National	*Hero Session* Junior & Senior Int
	Session 16	Session 17	Session 18	Session 19	Session 20
Fri 2 Oct	Level 8 National	Level 9 National	Level 10 National	Junior & Senior International	
	Session 21	Session 22	Session 23		
Sat 3 oct	Level 10 Final	Junior International Final	*Hero Session* Senior Final		