

**2026 XP GYMNASTICS NATIONALS
Aerobics Timetable FINAL**

	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 8.15am	ALP 7 Individuals HEATS Warm up 9.35am March on 10.35am Compete 10.45am-12.45pm	ALP Multiples/Teams HEATS All AeroDance HEATS Warm up 12.25pm March on 1.25pm Compete 1.35pm-3.10pm		*Hero Session* All International Individuals HEATS Warm up 5.05pm March on 6.05pm Compete 6.15pm-8.25pm
	Session 16	Session 17	Session 18	Session 19	Session 20
Fri 2 Oct	ALP Multiples/Teams FINALS All AeroDance FINALS Warm up 7.20am March on 8.20am Compete 8.30am -11:00am Prizegiving: 5:15pm	ALP 8 Individuals HEATS Warm up 10.30am March on 11.30am Compete 11.40am -1.40pm	ALP 9 & 10 Individuals HEATS Warm up 1.20pm March on 2.20pm Compete 2.30pm-4.10pm	AER Forum 5.30pm-6:30pm	
	Session 21	Session 22	Session 23		
Sat 3 Oct	FINALS ALP 7 & 8 Individuals Warm up 7.50am March on 8.50am Compete 9.00am-10.35am Prizegiving: 11:20am Coaches' medals presentation on the Aerobics floor 10:35am	FINALS ALP 9 & 10 Individuals Warm up 10.05am March on 11.05am Compete 11.15am -1.00pm Prizegiving: 2:10pm	*Hero Session* FINALS All International Individuals Warm up 12.40pm March on 1.40pm Compete 1.50pm-3.20pm Prizegiving: 4:20pm and Major Awards		