



TIMEPLAN HØSTEN 2024

Arendals Turnforening

Oppdatert 09.06.2024



Søndag

16:00	TeamGym Åpen felles- trening	Jonas, Andreas,	
16:15			
16:30			TeamGym RK+JR+SR
16:45			
17:00			
17:15			
17:30			Rekrutt kl. 16-18
17:45			Junior Kl. 16-19
18:00			
18:15			
18:30			
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21:15			
21:30			
21:45			
22:00			

Mandag

16:00	TeamGym Rekrutt 11-13 år	Andreas, Emilie M.		
16:15				
16:30				
16:45				
17:00				
17:15				
17:30				
17:45				
18:00			TeamGym Senior kvinner Frittstående Lukket parti	Linda, Rasmus/ Stefano
18:15				
18:30			TeamGym Junior Lukket parti	Jonas, Rasmus, Knut
18:45				
19:00				
19:15				
19:30				
19:45				
20:00				
20:15				
20:30	Tumbling Lukket parti	Andreas		
20:45				
21:00				
21:15				
21:30				
21:45				
22:00				

Tirsdag

16:00	Tropp 11-13 (man+ons) 11-13 år	Jonas, Malin, Samuel		
16:15				
16:30				
16:45				
17:00				
17:15				
17:30				
17:45				
18:00			TeamGym Senior kvinner GAK	Rasmus, Stefano
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21:45				
22:00				

Onsdag

16:00	TeamGym Rekrutt 11-13 år	Andreas, Emilie M, Rasmus		
16:15				
16:30				
16:45				
17:00				
17:15				
17:30				
17:45				
18:00			TeamGym Junior Lukket parti	Jonas, Veronica, Lea
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22:00				

Torsdag

16:00	TeamGym Rekrutt 11-13 år	Frittstående Veronica, Jonas		
16:15				
16:30				
16:45				
17:00				
17:15				
17:30				
17:45				
18:00			TeamGym Junior Lukket parti	Jonas, Veronica Lea (Knut?)
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22:00				

Fredag

16:00	Tumbling Lukket parti	Andreas		
16:15				
16:30				
16:45				
17:00				
17:15				
17:30				
17:45				
18:00			TeamGym Junior Lukket parti	Jonas
18:15				
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