

2025 WAG & MAG Training Days and Times

2025 Compulsory Training Days and Times for WAG Squads

SQUAD	MON	TUES	WED	THURS	FRI	SAT	HRS
WAG L6+	4-8pm	4-8pm		4-8pm		8:30am-12.30	16
WAG L5	4-8pm		4-8pm		4-8pm	8:30am-12.30	16
WAG L3-4			4-8pm		4-8pm	12:30-4.30pm	12
WAG Academy		4:30-7pm		4:30-7pm			5
WAG Development						10am-12pm	2

2025 Compulsory Training Days and Times for MAG Squads

SQUAD	MON	TUES	WED	THURS	FRI	SAT	HRS
MAG L7+	4-8pm		4-8pm	6-8am	4-8pm	7:30am-12pm	18.5
MAG L5-6	4-8pm		4-8pm		4-8pm	7:30am-12pm	16.5
MAG L3-4			4-8pm		4-8pm	12-4pm	12
MAG L2-3		4-7pm		4-7pm		12-3pm	9
MAG L1		4-6:30pm		4-6:30pm			5
MAG Development						10am-12pm	2

Note: Most squad gymnasts do train in school holidays with some designated rest days