SATURDAY 11TH MARCH

09.00 am - 10.00 am	Registration athletes
09.00 am - 10.30 am	Floor testing Sports Aerobics
10.15 am - 11.00 am	Arrival en meeting judges
10.30 am	Doors open for audience
11.00 am - 12.30 pm	SEMI FINALS SPORT AEROBICS NATIONAL STREAM (NOVICE)
11.00 am - 12.30 pm	SOLO WOMEN MINI (3)
	MIXED TEAMS MINI (1)
	SOLO WOMEN CADET (7)
	SOLO WOMEN JUNIOR (9)
	SOLO WOMEN YOUTH (3)
	SOLO WOMEN ADULTS (2)
	MIXED TEAMS CADETS (1)
	MIXED TEAMS (4)
12.30 pm - 14.00 pm	Extra Floor Testing
12.30 pm - 13.45 pm	Break: 1h15
13.45 pm - 16.15 pm	SEMI FINALS FT + SPORT AEROBICS INTERNATIONAL STREAM
13.45 pm - 15.30 pm	GRANDE FITNESS TEAM ADULTS (1)
	SOLO WOMEN MINI (1)
	SOLO WOMEN CADET (5)
	SOLO MEN CADET (1)
	SOLO WOMEN JUNIOR (10)
	SOLO WOMEN YOUTH (7)
	SOLO MEN ADULTS (1)
	SOLO WOMEN ADULTS (6)
	SOLO MASTERS WOMEN (1)
15.30 pm - 15.50 pm	Break: 20 minutes
15.50 pm - 16.50 pm	DUO CADETS (1)
	DUO JUNIORS (4)
	TRIO MINI (1)
	TRIO CADETS (2)
	TRIO JUNIORS (2)
	DUO YOUTH (5)
	TRIO ADULTS (2)
	DUO ADULTS (3)
16.50 pm - 17.00 pm	Break: 10 minutes

17.00 pm - 17.20 pm	*NATIONAL STREAM* GRANDE FITNESS TEAM MINI (2) *INTERNATIONAL STREAM* PETITE FITNESS TEAM JUNIOR (1) GRANDE FITNESS TEAM CADET (2) GRANDE FITNESS TEAM JUNIORS (1)
17.20 pm - 18.20 pm	ANNOUNCEMENT OF ALL THE FINALISTS + BRIEFING JUDGES

SUNDAY 12TH MARCH

10.00 am - 11.15 am	Floor testing without music
10.15 am - 11.15 am	Briefing judges
11.00 am	Doors open for audience
11.30 am - 12.30 pm	FINALS SPORT AEROBICS DUOS & TRIOS
11.30 am - 12.30 pm	DUO CADETS (1)
	DUO JUNIORS (4)
	TRIO MINI (1)
	TRIO CADETS (2)
	TRIO JUNIORS (2)
	DUO YOUTH (5)
	DUO ADULTS (3)
	TRIO ADULTS (3)
12.30 pm - 13.30 pm	Lunch Break 1h00
13.30 pm - 13.50 pm	FINALS FITNESS TEAMS
13.30 pm - 13.50 pm	*NATIONAL STREAM* GRANDE FITNESS TEAM MINI (2)
	INTERNATIONAL STREAM PETITE FITNESS TEAM JUNIOR (1)
	GRANDE FITNESS TEAM CADET (2)
	GRANDE FITNESS TEAM JUNIORS (1)
13.50 pm - 14.00 pm	Break: 10 minutes + change of judges: SA
14.00 pm - 14.45 pm	FINALS SPORT AEROBICS NATIONAL STREAM (NOVICE)
14.00 pm - 14.45 pm	SOLO WOMEN MINI (3)
	MIXED TEAMS MINI (1)
	SOLO WOMEN CADET (7)
	SOLO WOMEN JUNIOR (9)
	SOLO WOMEN YOUTH (3)
	SOLO WOMEN ADULTS (2)
	MIXED TEAMS CADETS (1)
	MIXED TEAMS JUNIORS (4)
14.45 pm - 16.00 pm	FINALS FT + SPORT AEROBICS
	GRANDE FITNESS TEAM ADULTS (1)
	SOLO MASTERS WOMEN (1)
	SOLO WOMEN MINI (1)
	SOLO WOMEN CADET (5)

	SOLO MEN CADET (1) SOLO WOMEN JUNIOR (10) SOLO WOMEN YOUTH (7) SOLO MEN ADULTS (1) SOLO WOMEN ADULTS (6)
16.00 pm - 16.15 pm	Deliberation judges
16.00 PM - 16.15 PM	SHOWCASE RHEAXION
16.15 pm - 17.30 pm	Award ceremony
17.30 pm - 19.00 pm	Feedback by judges (Only coaches of selected athletes, no written feedback after the championship)