



2. APPARATUS PROGRAM - SENIOR PROGRAM

2.1. Individual Gymnasts: 4 exercises

2017 - 2018				
2019 - 2020				
2021 - 2022				
2023 - 2024				

2.2. Groups: 2 exercises

2017 - 2018	5 x	3 x + 2 x
2019 - 2020	5 x	3 x + 2 pairs
2021 - 2022	5 pairs	3 x + 2 x
2023 - 2024	5 x	3 x + 2 pairs

APPARATUS PROGRAM - JUNIOR PROGRAM

2.1. Individual Gymnasts: 4 exercises

2017 - 2018					
2019 - 2020					
2021 - 2022					
2023 - 2024					

2.2. Groups: 2 exercises

2017 - 2018	5x	5 pairs
2019 - 2020	5x	5x
2021 - 2022	5x	5x
2023 - 2024	5 pairs	5x