

7th Total Gym International Gymnastics Tournament 2019
Venue: House of Champions, Level 3, GEM in Mall, Cyberjaya
14th to 18th August 2019

Date	Time	Event	Venue
14-8-19	All day	Teams Arrival for All gymnastics discipline	KLIA KLIA2
15-8-19	8.00 – 18.30 9.00 -18.20 10.00 – 11.00 10.00 – 16.00	AG Training according to the Training schedule given RG Training according to the Training schedule given Team managers meeting for all discipline (RG/AGG/Gym Dance team managers please submit your CDs) Team Registration and collection of name Tag and Goodies bag	Meeting Room In House of Champion Gem In Mall, Cyberjaya
16-8-19	8.00 – 9.00 9.00 – 18.30 11.00am 9.00 - 18.00	Rhythmic Gymnastics Judges meeting Artistic Gymnastics Competition Opening Ceremony Rhythmic Gymnastics Competition (According to the respective schedule given) Award Ceremony	Meeting Room in House of Champion House of Champion
17-8-19	9.00 – 13.00 9.00 – 13.00 14.00- 15.00 12.00 – 6.00	Artistic Gymnastics Competition Rhythmic Gymnastics Competition AGG Judges Meeting Gym Dance and AGG official training (According to the respective schedule given) Award Ceremony	 House of Champion Meeting Room in House of Champion
18-8-19	9.00 – 11.00 11.00 – 1.30 18.30 – 22.30	AGG Competition Gym Dance competition Award Ceremony Banquet at Astana Orkid Hall (Those who participate in the party)	 House of Champion 2 nd Floor, Jalan GR5/1, The Promenade @ Garden Residence, Cyberjaya
19-8-19	All Days	Departure of Teams	KLIA / KLIA2