



SATURDAY 28 NOVEMBER 2015

PROGRAMME

17:30	Doors Open
18:30	Show Time! – Part One
	Opening Mass Floor Display
	London Acrobatic Gymnastics Floor Display
	London Gymnastics for All Floor Display
	London Disabilities Floor Display
	London Women’s Artistic Bars, Beam & Floor Display
	London Aerobics Floor Display
	London Men’s Artistic Floor Display
	London Rhythmic Floor Display
	Women’s Artistic Gold & Platinum Awards
19:45	INTERVAL (35 minutes)
20:20	Show Time – Part Two
	Bronze & Silver Awards Recipient Parade
	Acrobatic Mixed Pair Display – Performed by European Champions
	Rhythmic, Tumbling, Trampoline & Men’s Artistic Gold & Platinum Awards
	Epping Display Team
	Acrobatic Women’s Trio Display – Performed by European Champions
	Cyr Wheel – National Centre for Circus Acts – Performed by Fiona Thornhill -
	South Essex Men’s Parallel Bar Routine Including World Silver Medallist Brinn Bevan
	Rhythmic Display performed to live music
	Acrobatic 4 Man Display – Performed by European Champions
	GUINNESS WORLD RECORD ATTEMPT – POMMEL HORSE CHALLENGE Including World Silver Medallist Dan Keatings
	Acrobatic Mixed Pair Display – Performed by World Champions
	Aerial Silks Display – National Centre for Circus Acts – Performed by Will Davis
	Acrobatic Gymnastic Platinum Awards & Edna Gross Award
	Women’s Artistic Floor Display
	South Essex Men’s Floor Routine
	Presidential Award
	Finale
22:30	Show Ends