

| VENUE | SPORT | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | |
|--------------------|-------------------------|------------------|------------------------------|--------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|--|---|---|--|--------------------------------------|---|--|---|------------------------------------|--|---|------------------|
| | | 10 August -4 | 11 August -3 | 12 August -2 | 13 August -1 | 14 August 0 | 15 August 1 | 16 August 2 | 17 August 3 | 18 August 4 | 19 August 5 | 20 August 6 | 21 August 7 | 22 August 8 | 23 August 9 | 24 August 10 | 25 August 11 | 26 August 12 | |
| Bishan Sports Hall | Artistic Gymnastics | Open Training | MAG Training as per schedule | MAG and WAG Training as per schedule | MAG Podium Training as per schedule | MAG and WAG Training as per schedule | WAG Podium Training as per schedule | WAG Training as per schedule | MAG Training as per schedule | WAG Training as per schedule | MAG Training as per schedule | MAG and WAG Training as per schedule | MAG and WAG Training and warm-up as per schedule | MAG and WAG Training and warm-up as per schedule | MAG and WAG Open Training | MAG and WAG Open Training | MAG and WAG Open Training | MAG and WAG Open Training | |
| | | | | | WAG Training as per schedule | | MAG Training as per schedule | MAG Training and warm-up as per schedule | WAG Training and warm-up as per schedule | MAG Training and warm-up as per schedule | WAG Training and warm-up as per schedule | | | | | | | | |
| | | | | | | | | Qualification (M) | Qualification (W) | All Round Final (M) | All Round Final (W) | | Apparatus Final (MW) | Apparatus Final (MW) | | | | | |
| | | | | | | | | | 11:00-13:00 (Subdivision 1 - 14 gymnasts) | | | | | | | | | | |
| | | | | | | | | | 13:30-16:00 (Subdivision 1 - 21 gymnasts) | 14:30-16:30 (Subdivision 2 - 14 gymnasts) | | | | | | | | | |
| | | | | | | | | | 18:00-20:30 (Subdivision 2 - 21 gymnasts) | 18:00-20:00 (Subdivision 3 - 14 gymnasts) | 18:00-21:30 (18 gymnasts) | 18:00-21:45 (18 gymnasts) | | 18:00-21:45 (5 apparatus / 8 gym. on each app.) | 18:00-21:45 (5 apparatus / 8 gym. on each app.) | | | | |
| | Gymnastics - Trampoline | GT Open Training | GT Training as per schedule | GT Training as per schedule | GT Training as per schedule | GT Training as per schedule | GT Training as per schedule | GT Training as per schedule | GT Training as per schedule | GT Training as per schedule | GT Training as per schedule | GT Training as per schedule | GT Podium Training morning and warm-up as per schedule | GT Open Training | GT Open Training | GT Open Training | GT Open Training | GT Open Training | GT Open Training |
| | | | | | | | | | | | | | Qualification & Final (MW) | | | | | | |
| | | | | | | | | | | | | | 13:30-15:30 (W) (Qualification - 12 gym.& Final - 8 gym.) | | | | | | |
| | | | | | | | | | | | | | 18:00-20:00 (M) (Qualification - 12 gym.& Final - 8 gym.) | | | | | | |
| | Rhythmic Gymnastics | GR Open Training | GR Training as per schedule | GR Training as per schedule | GR Training as per schedule | GR Training as per schedule | GR Training as per schedule | GR Training as per schedule | GR Training as per schedule | GR Training as per schedule | GR Training as per schedule | GR Training as per schedule | GR Training as per schedule | GR Training as per schedule | GR Training as per schedule | GR Podium Training as per schedule | GR Training and warm-up as per schedule | GR Training and warm-up as per schedule | GR Open Training |
| | | | | | | | | | | | | | | | | | Qualification (Individual & Group) | Final (Individual & Group) | |
| | | | | | | | | | | | | | | | | | 11:00-13:00 (Session 1 Individual - 18 gym.) | | |
| | | | | | | | | | | | | | | | | | 14:30-16:30 (Session 2 Individual - 18 gym.) | 13:30-15:30 (Session 1 Individual Final - 8 gymnasts) | |
| | | | | | | | | | | | | | | | | | 18:00-19:00 (Session 3 Group - 6 groups) | 18:00-19:00 (Session 2 Group Final - 4 groups) | |