



2025-2026 Team Schedule

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>	<i>Hrs per wk</i>
<u>GIRLS GYMNASTICS TEAM</u>								
Girls Dynamos Advanced Team			4:45pm - 6:45pm				8:00am - 10:00am	4
Girls Pre-Team	3:45pm - 5:45pm				3:30pm - 5:30pm			4
Girls Level 2	3:30pm - 5:45pm		3:45pm - 6:15pm			10:15am - 12:30pm		7
Girls Level 3		4:00pm - 7:00pm			3:30pm - 6:30pm	8:30am - 11:30am		9
Girls Level 4/5		4:30pm - 7:30pm		4:30pm - 7:30pm	4:15pm - 7:15pm	10:15am - 1:15pm		12
Girls Level 6/7	4:45pm - 7:30pm		4:15pm - 7:30pm		4:45pm - 8:15pm	10:15am - 1:45pm		13
Girls Level 7/8	4:15pm - 7:15pm	4:15pm - 7:45pm	4:15pm - 7:45pm		5:15pm - 9:15pm	7:00am - 10:00am		17
Girls Level 9	5:15pm - 9:15pm	5:15pm - 9:15pm	5:15pm - 9:15pm	5:15pm - 9:15pm		10:00am - 1:00pm		20
Girls Level 10	5:15pm - 9:15pm	5:15pm - 9:15pm	5:15pm - 7:15pm	4:15pm - 8:15pm	4:30pm - 7:30pm	7:00am - 10:00am		20
Xcel Bronze		5:45pm - 8:15pm		5:45pm - 8:15pm				5
Xcel Silver	4:45pm - 7:45pm				4:30pm - 7:30pm			6
Xcel Gold A		7:00pm - 9:15pm		7:00pm - 9:15pm			9:45am - 1:15pm	8
Xcel Gold B		7:00pm - 9:15pm		7:00pm - 9:15pm			8:00am - 10:00am	6
Xcel Platinum	6:15pm - 9:15pm		6:15pm - 9:15pm		6:15pm - 9:15pm		8:00am - 12:00pm	13
Xcel Diamond	6:15pm - 9:15pm		6:15pm - 9:15pm	6:15pm - 9:15pm	6:15pm - 9:15pm		8:00am - 12:00pm	16
<u>BOYS GYMNASTICS TEAM</u>								
Boys Pre-Team	4:15pm - 5:45pm				4:15pm - 5:45pm			3
Boys Team 3		5:30pm - 7:30pm		5:15pm - 7:15pm		7:00am - 9:00am		6
Boys Team 4/5	5:45pm - 8:45pm		5:45pm - 8:45pm		5:45pm - 8:45pm	10:45am - 1:45pm		12

*There is a \$40.00 annual enrollment fee/family \$50.00.

*Pricing and schedule may vary.

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