

Updated Exxcel Gymnastics Team Schedule 2020-2021							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 9/10 (22 hrs)	6:15-9:15pm	6:15-9:15pm		6:00-9:00pm	6:15-9:15pm	12:30-3:30pm	
Level 9/10 zoom		7:00-9:00am	7:00-9:00am				
Level 8 (20 hrs)	6:30-9:00pm	6:15-8:15pm	6:30-9:00pm	6:30-9:00pm	6:30-9:00PM	4:30-7:00pm	
Level 8 zoom		7:00-9:00am	7:00-9:00am				Zoom TBD
Level 7/8 (18.5 hrs)	4:00-6:30pm	4:30-7:00pm	4:00-6:30pm		4:00-6:30pm	3:45-6:15pm	
Level 7/8 zoom		7:00-9:00am	7:00-9:00am	6:00-8:00pm			
Level 7 (18.5 hrs)		5:30-8:00pm	4:45-7:15pm		5:30-8:00pm	2:00-4:30pm	11:45-2:15pm
Level 7 zoom	7:00-9:00pm	7:00-9:00am		6:00-8:00pm			
FAST (18.5 hrs)	4:30-7:00pm	4:30-7:00pm			4:30-7:00pm	7:00-9:30am	2:30-5:00pm
FAST zoom		7:00-9:00am	7:00-9:00am	6:00-8:00pm			
Level 5 (12hrs)		5:30-7:30pm		5:30-7:30pm			7:30-10:00am
Level 5 zoom	7:00-8:30pm		7:00-9:00pm		3:30-5:30pm		
Level 3 (10 hrs)	6:00-8:00pm		6:00-8:00pm				8:15-10:15am
Level 3 zoom		6:00-8:00pm		4:00-6:00pm			
Level 2 (7 hrs)			5:30-7:30pm				10:45-12:45pm
Level 2 zoom	6:00-7:00pm			4:00-6:00pm			
Bronze (5.5 hrs)				5:15-8:00pm			
Bronze zoom		6:00-7:00pm			3:30-5:30pm		
Silver (6 hrs)						1:15-4:15	

Silver zoom		6:00-8:00pm			3:30-5:30pm		
Gold (8 hrs)		7:00-9:00pm					12:45-2:45pm
Gold zoom				6:00-8:00pm	3:30-5:30pm		
Plat/Diamond (16 hrs)	7:15-9:15pm		7:00-9:00pm	7:15-9:15pm			2:15-4:15pm
Plat/Diamond zoom		6:00-9:00pm	7:00-9:00am	4:30-5:30pm	3:30-5:30pm		
Girls Pre Team (4 hrs)			3:30-5:30pm				
Girls Pre Team Zoom	6:00-8:00pm						
Girls Dynamos Team (4 hrs)					4:00-6:00pm		
Dynamos Team Zoom		6:00-8:00pm					
Boys Pre Team			4:00-6:00pm				
Boys Pre Team Zoom		4:00-6:00pm					
Boys 4 (5 hours)					4:00-6:00pm	1:30-3:30pm	
Boys 5 (10 hours)					6:00-9:00pm	1:30-3:30pm	
Boys Level 5 zoom	3:00-4:00pm	3:30-5:30pm		3:00-4:00pm			
Boys 6 (17 hrs)	6:00-9:00pm		6:00-9:00pm	6:00-9:00pm	5:15-8:15pm	3:30-6:30pm	
Boys level 6 zoom		3:30-5:30pm					