

GYMNASTICS REVOLUTION

2017 SUMMER TEAM SCHEDULE

For the weeks of June 26 – August 19, 2017

Xcel Team

Junior Olympic Team

Bronze *

Mon 4:00-6:00
Weds 5:00-7:00
Sat 11:00-1:00

*Gymnasts must choose 2 workouts to attend.

PreTeam

Mon 3:30-5:30
Thurs 3:30-5:30

Level 3

Mon 10:00-12:30
Tues 10:00-12:30
Thurs 10:00-12:30

Silver

Tues 4:00-6:00
Thurs 4:00-6:00

Level 4/5

Mon 8:30-11:30
Tues 8:30-11:30
Weds 8:30-11:30
Thurs 8:30-11:30

Gold

Mon 6:00-8:30
Tues 6:00-8:30
Thurs 6:00-8:30

Level 6-10

Mon 12:00-4:00
Tues 12:00-4:00
Weds 12:00-4:00
Thurs 12:00-4:00
Fri 8:30-12:30

Platinum

Mon 8:30-11:30
Tues 8:30-11:30
Wed 8:30-11:30
Thurs 8:30-12:00

*Level 6s pick 4 of these 5 workouts per week

There will be no ramifications if you are unable to attend a practice at the end of June because of school conflicts!

Closed Dates: June 19-24, July 4th, August 21-26.

Fall Schedule begins August 28th