

GYMNASTICS REVOLUTION

Team Schedule – Summer 2019

Schedule active from July 1 – August 17, gym closed 7/4

PreCompetitive	Mon, Wed	8:30 – 10:30
Level 3	Mon, Wed, Thurs	8:30 – 11:30
Level 4/5	Mon – Thurs	8:30 – 11:30
Level 6-10	Mon – Thurs Fri	11:30 – 3:30 8:30 – 12:30

Xcel Bronze*	Mon, Wed Sat	4:00 – 6:00 11:00 – 1:00
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*Bronze gymnasts choose 2 of the 3 days for Summer workouts.

Xcel Silver	Tues, Thurs Mon (optional!)	4:00 – 6:00 4:00 – 6:00
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Xcel Gold	Mon, Tues, Thurs	6:00 – 8:30
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Xcel Plat/Diamond	Mon, Weds Tues, Thurs	8:30 – 11:30 8:30 – 12:00
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