

GYMNASTICS REVOLUTION

Summer 2021 Workout Team Workout Schedule

Schedule will go into effect June 21, 2021. There will be a week-long closing toward the end of the Summer, date TBA.

Level 8-10

Mon-Fri 8:30 – 11:30

Level 6-7

Mon-Fri 8:30 – 11:30

Level 5

Mon, Wed 2:30 – 5:00

Tues, Thurs 12:00 – 2:30

Level 4

Mon, Wed 2:30 – 5:00

Tues, Thurs 12:00 – 2:00

Level 3

Mon, Wed, Fri 12:00 – 2:30

Level 2

Mon, Wed, Fri 12:00 – 2:00

Xcel Plat/Diamond

Mon, Tues, Thurs, Fri 8:30 – 11:30

Xcel Gold

Mon, Wed, Thurs 2:30 – 5:00

Xcel Silver

Mon, Wed 5:00 – 7:00

Xcel Bronze

Mon, Wed 4:30 – 6:00