

GYMNASTICS REVOLUTION

Team Workout Schedule – Sept. 3, 2020 to August 31, 2021

Xcel Bronze

Monday	4:30 – 6:00
Wednesday	4:30 – 6:00
Friday	4:30 – 6:00

Bronze gymnasts will be assigned to 2 workouts per week

Xcel Silver

Monday	6:00 – 8:00
Wednesday	6:00 – 8:00
Friday	6:00 – 8:00

Silver gymnasts will be assigned to 2 workouts per week

Xcel Gold

Monday	3:30 – 6:00
Wednesday	3:30 – 6:00
Friday	3:30 – 6:00

Xcel Platinum/Diamond

Monday	5:30 – 8:00
Wednesday	3:30 – 6:00
Friday	5:30 – 8:00
Saturday	12:45 – 3:15

Level 8-10

Monday	2:30 – 5:30
Tuesday	2:30 – 5:30
Thursday	2:30 – 5:30
Friday	2:30 – 5:30
Saturday	12:45 - 3:15

Level 6 and 7

Monday	6:00 – 8:30
Tuesday	5:30 – 8:00
Thursday	5:30 – 8:00
Friday	6:00 – 8:30
Saturday	12:45 – 3:15

Level 5

Monday	3:30 – 6:00
Wednesday	6:00 – 8:30
Friday	3:30 – 6:00
Saturday	9:45 – 12:15

Level 4

Tuesday	4:00 – 6:45
Thursday	4:00 – 6:45
Saturday	9:45 – 12:15

Level 3

Tuesday	4:00 – 6:00
Thursday	4:00 – 6:00
Saturday	9:45 – 12:15

Level 2

Tuesday	4:00 – 6:00
Thursday	4:00 – 6:00