

GYMNASTICS REVOLUTION

Team Workouts Sept. 2021 – June 2022

XCEL PROGRAM

Xcel Bronze

Tues / Thurs 4:30 – 6:00

Xcel Silver

Mon / Wed 4:00 – 6:00

Xcel Gold

Mon / Wed 6:00 – 8:30

Sat 11:00 – 1:30

Xcel Platinum/Diamond

Mon / Tues / Thurs 3:00 – 6:00

Sat 1:30 – 4:30

DEVELOPMENTAL PROGRAM

Level 2

Tues / Thurs 5:30 – 7:30

Sat 11:00 – 1:00

Level 3

Tues / Thurs 5:30 – 8:00

Sat 11:00 – 1:30

Level 4

Tues / Thurs 5:30 – 8:30

Sat 11:00 – 2:00

Level 5

Mon / Wed 5:30 – 8:00

Fri 4:30 – 7:00

Sat 1:30 – 4:00

Level 6 – 10

Mon / Tues / Wed / Thur 3:00 – 6:00

Sat 1:30 – 4:30