

COMPETITIVE/DEVELOPMENTAL GYMNASTICS

SPRING 2020



ALLAMERICANGYMNASTICS.COM

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
JUNIOR OLYMPIC GYMNASTICS							
GROUP 1 (LEVEL 8-10)	3:00-7:00	3:00-7:00	3:00-7:00	3:00-7:00	3:00-7:00		5x a week
GROUP 2 (LEVEL 6-8)	4:00-8:00	4:00-8:00	4:00-8:00	4:00-8:00			4x a week
GROUP 3 (LEVEL 5)	4:00-8:00		4:00-8:00		4:00-8:00		3x a week
GROUP 4 (LEVEL 4)	4:00-8:00	4:00-8:00			4:00-8:00		3x a week
GROUP 5 (LEVEL 3)		4:00-8:00		4:00-8:00	4:00-8:00		3x a week
DEVELOPMENTAL GYMNASTICS							
GROUP 6 (LEVEL 2)		4:00-6:00		4:00-6:00		4:00-6:00	2x a week
HOT SHOTS (LEVEL 1)		4:30-6:00 6:00-7:30		4:30-6:00 6:00-7:30			2x a week Recommended
XCEL COMPETITIVE GYMNASTICS							
PLATINUM	6:30-9:00			6:30-9:00			2x a week
GOLD	6:30-9:00			6:30-9:00			2x a week
SILVER	5:00-7:00 7:00-9:00		4:00-6:00	7:00-9:00	4:30-6:30		2x a week
BRONZE	3:30-5:00	6:30-8:00		3:30-5:00 6:30-8:00	6:30-8:00		2x a week
JUNIOR OLYMPIC COMPETITIVE TRAMPOLINE AND TUMBLE							
FUTURE FLIPPERS							1x a week, or 2x a week
HIGH FLYERS	5:00-6:30		5:00-6:30				2x a week
JR JUMPSTART		4:30-6:00		4:30-6:00			2x a week
SR JUMPSTART							3x a week
RED TEAM	6:30-8:00		6:30-8:00				2x a week
WHITE TEAM		6:00-8:00		6:00-8:00			2x a week