

2023 LUAU INVITE - OHIO

SESSION OPEN STRETCH* GYM LEVEL(S) CLUBS

FRIDAY 3/10/2023

1P	8:00a	Pineapple	L8	GymWorld, Gym X-Treme, Legacy, Northstars
1C		Coconut	L8	BGC, EEG, Gymsport, KGI, MAG, OGI, X-treme
1F		Flamingo	L8	All-Around (OH), CEGA, Dynamats, FIT, GGAC, Great Lakes, GWT, Lake Erie, LGA, MGA, NHG, OffLimits, PowerHouse, Team Flyers, Team Lightning, TEGA, WCGG, WVGTC
2P	11:15a	Pineapple	L9	All-Around (OH), CORE, Dynamats, Great Lakes, Gym World, Gym X-Treme, KGI, MAG, MGA, Northstars, OGI, TEGA, X-treme
2C		Coconut	XG	Lake Erie, LGA, Northstars, Rising Starz
2F		Flamingo	XG	AAGC, All4Kids, All-Around (OH), CGA, CNY, EEG, GWT, PAX
3P	2:45p	Pineapple	L9 / L10	L9: BGC, EEG, GWT, Lake Erie, Legacy, Medina, NHG, OffLimits, PowerHouse, Team Lightning, WVGTC, Gymsport L10: All
3C		Coconut	XG	Flytz, Gymsport, DAG, Prestige, QCGE, TEGA, TT, X-treme
3F		Flamingo	XG	ATB, B&B, Champion, Great Lakes, Hamilton, HOA, KGI, Medina, MGA, NHG, NOG, OffLimits, Sports Club, Vitality
4P	6:15p	Pineapple	L3	CGA, Gym World, Gym X-Treme, OffLimits, X-treme
4C		Coconut	L3	ATB, CNY, EEG, Flytz, KGI, Perfection, Prestige, Team Flyers, Youngstown
4F		Flamingo	L3 / XB	L3: All-Around (OH), CCFIps, GWT, Gymsport, Infinity, Powerhouse XB: Sports Club, LGA, Vitality, TT

SATURDAY 3/11/2023

5P	8:00a	Pineapple	L7	EEG, Gymsport, Gym X-Treme, LGA, MAG, Northstars
5C		Coconut	L7	BGC, Dynamats, Great Lakes, GWT, Gym World, KGI, OGI, Team Lightning, WVGTC
5F		Flamingo	L7 / XP	L7: All-Around (OH), CORE, Hamilton, Lake Erie, MGA, OAG, PowerHouse, TEGA, WCGG XP: GWT, Flytz, Northstars, Sports Club
6P	11:30a	Pineapple	L6	Hamilton, Gym X-Treme, CGA, Northstars
6C		Coconut	L6	BGC, CEGA, Gym World, KGI, Team Lightning, WVGTC, X-Treme, MAG
6F		Flamingo	L6	CNY, CORE, Dynamats, EEG, GGAC, Great Lakes, Gymsport, Infinity, Lake Erie, OAG, OffLimits, OGI, PowerHouse, TEGA
7P	2:30p	Pineapple	L4	CGA, Gym World, Gym X-Treme
7C		Coconut	L4	All-Around (OH), BGC, CNY, Great Lakes, GWT, KGI, Northstars, Prestige, X-treme
7F		Flamingo	L4	ATB, CCFIps, CEGA, EEG, Gymsport, Infinity, NHG, OffLimits, Perfection, PowerHouse, Team Flyers, TEGA, Youngstown
8P	6:15p	Pineapple	XD	ALL
8C		Coconut	L5	All-Around (OH), BGC, CCFIps, CNY, GWT, Gymsport, Infinity, Northstars, Team Flyers, Team Lightning
8F		Flamingo	XB	All4Kids, All-Around (OH), Fit, Hamilton, HOA, NHG, NOG, Northstars, DAG, PAX, TEGA

SUNDAY 3/12/2023

9P	8:00a	Pineapple	XP	All-Around (OH), AAGC, ATB, B&B, BGC, GGAC, Great Lakes, Gym Energy, NOG, OffLimits, PAX, Prestige, QCGE, Toledo Turners, Vitality, X-treme
9C		Coconut	XP	CGA, Gymsport, KGI, Medina, MGA, OGI, Rising Starz, Team Flyers
9F		Flamingo	XS	APA, CNY, Dream Team, Flytz, GWT, Gymsport, HOA, LGA, Medina, MGA, NOG, Rising Starz, TEGA
10P	12:00p	Pineapple	XS	AAGC, CGA, Champion, Northstars, Rising Starz, TT
10C		Coconut	XS	All-Around (OH), All4Kids, ATB, EEG, Hamilton, QCGE, Sports Club
10F		Flamingo	XS	B&B, CEGA, KGI, Lake Erie, OAG, PAX, Prestige, Vitality
11P	3:45p	Pineapple	L2	EEG, X-Treme, OffLimits
11C		Coconut	L2	ATB, Gymsport, Infinity, PowerHouse, Youngstown, Hamilton
11F		Flamingo	FUN / NS	ALL

*ESTIMATED OPEN STRETCH START TIME. PLEASE PLAN TO ARRIVE 20 MINS BEFORE THIS TIME.