

| Monday                              | Tuesday                                           | Wednesday                           | Thursday                                                                                                                   |
|-------------------------------------|---------------------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| 4:30-6:30<br>Xcel Bronze            | 3:30-4:10 Mini<br>Gym ages 3-4                    | 4:30-6:30 Xcel<br>Bronze            | 3:30-4:10 Mini<br>Gym ages 3-4                                                                                             |
| 4:30-6:30<br>Xcel Silver            | 4:15-5:10 Girls Rec<br>Gym 5-8 years              | 4:30-6:30 Xcel<br>Silver            | 4:15-5:10 Girls<br>Rec Gym 5-8<br>years<br>***Must have<br>bridge<br>kickover and<br>pullover on<br>the bars<br>unassisted |
| 6-9pm Xcel<br>Gold/Platinum/Diamond | 5:15-6:10 Girls Rec<br>gym 5-8 years/ 9<br>and up | 6-9pm Xcel<br>Gold/Platinum/Diamond | 5:30-7 Girls<br>Advanced<br>Gymnastics***<br>See below                                                                     |
|                                     | 6:15-7:10<br>Acro/Tumble ages<br>7 and up         |                                     | 5:30-7 Pre-<br>Team (Invite<br>Only) and<br>Competitive<br>Pre-Team                                                        |