

Team Fall Practice Schedule



XCEL DEVELOPMENTAL – Tuesday and Friday 6:00-7:30

Bronze- Tuesday and Friday 4:30-6:00

Level 2 Tuesday and Thursday 4:30-6:30

Sarka Developmental Monday, Tuesday, Thursday 4:30-7:00
Saturday 9-12:00

Level 3 and 4 Tuesday, Thursday and Friday 4:30-7:30

Level 6 Tuesday 5:30-8:30
Thursday 4:30-7:30
Friday 4:30-7:30
Saturday 9:00-12:00

Level 7 and UP Monday 5:00-8:30
Tuesday 5:00-8:00
Thursday 4:30-7:30
Friday 4:30-7:30
Saturday 9:00-12:00

Xcel Ages 13 and older Wednesday 6-8:30
Friday 6-8:30

Xcel Ages 12 and Younger Wednesday 4:30-7:00
Saturday 9:00-11:30

Xcel Gymnasts coming 3X a week ONLY Monday 5:30-8:00