

Springs Gymnastics Competitive Team Practice Schedule

Effective August 1, 2016

| JO Levels | Days / Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|
| Level 7 + | 5 | 4:00 - 8:00 | 4:00 - 8:00 | 4:00 - 8:00 | 4:00 - 8:00 | 4:00 - 8:00 | Off |
| Level 7 | 4 | 4:00 - 8:00 | 4:00 - 8:00 | Off | 4:00 - 8:00 | 4:00 - 8:00 | Off |
| Level 6 | 5 | 4:00 - 8:00 | 4:00 - 8:00 | 4:00 - 8:00 | 4:00 - 8:00 | 4:00 - 8:00 | 9:00 - 1:00 |
| Level 6 | 4 | 4:00 - 8:00 | 4:00 - 8:00 | 4:00 - 8:00 | Off | 4:00 - 8:00 | 9:00 - 1:00 |
| Level 4 / 5 | 4 | Off | 4:00 - 8:00 | Off | 3:30 - 7:30 | 4:00 - 8:00 | 9:00 - 1:00 |
| Level 3 | 3 | Off | 4:00 - 8:00 | Off | 4:00 - 8:00 | Off | 9:00 - 1:00 |
| Level 2 | 3 | Off | 4:00 - 7:00 | Off | 4:00 - 7:00 | Off | 10:00 - 1:00 |

| Xcel Divisions | Days / Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|-------------|-------------|-------------|-------------|-------------|-------------|---------------|
| Diamond | 3 | 4:00 - 8:00 | Off | 4:00 - 8:00 | Off | 4:00 - 8:00 | Off |
| Platinum | 3 | 4:00 - 8:00 | Off | 4:00 - 8:00 | Off | 4:00 - 8:00 | Off |
| Gold | 3 | 5:00 - 8:00 | Off | 5:00 - 8:00 | Off | 5:00 - 8:00 | 10:00 - 12:00 |
| Silver | 3 | 5:00 - 8:00 | Off | 5:00 - 8:00 | Off | 5:00 - 8:00 | Off |
| Bronze | 3 | Off | 5:00 - 8:00 | Off | 5:00 - 8:00 | 5:00 - 8:00 | Off |

For more information about our team program or to schedule a confidential trial, call today! (520) 664-1900