

Springs Gymnastics Competitive Team Practice Schedule

Effective September 1, 2018

JO Levels	Days / Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 8 - 10	5	4:00 - 8:00	4:00 - 8:00	4:00 - 8:00	4:00 - 8:00	4:00 - 8:00	Off
Level 6/7	4	off	4:00 - 8:00	off	4:00 - 8:00	4:00 - 8:00	9:00 - 1:00
Level 4 / 5	4	Off	4:00 - 8:00	Off	4:00 - 8:00	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	9:00 - 12:00

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

