

Times/Days	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-1:00					JO/Xcel Silver & Gold
1:00-5:00				JO/Xcel Silver & Gold	
3:30-5:30	Xcel Bronze		Xcel Bronze		
3:30-6:30	JO 1-3 Xcel Silver				
3:30-7:30			JO/Xcel Silver & Gold	JO/Xcel Silver & Gold	
4:30-6:00				Super Stars	
5:30-7:30		Interclub JO/Xcel <b>Extra</b> Beam/Bars			
5:30-8:30	JO 4+ Xcel Gold High Schools				
7:30-8:30			JO/Xcel Silver & Gold <b>Extra</b> Training		
7:30-9:00			High Schools		

### High School

- You can train one or both days (your choice).

### Xcel Bronze

- Tuesday & Thursday are your mandatory training days.

### Xcel Silver, Xcel Gold, Junior Olympic (all levels)

- If you are training 2 days per week Tuesday & Friday are your mandatory training days.
- If you are training 3+ days per week Tuesday is a mandatory training day, you can then choose your other 2+ days.