



Training Schedule

April 21, 2022

Thursday,

Sessions 1 - 3 is training for Level 10, OP, YE, JR (No IE or SR training during this time)			SE / IE Elite Training	SE / IE Elite Training	Sync All Levels
9:00am - 10:30am Stretching 8:30am	10:30am 12:00pm Stretching 10:00am	12:00pm - 1:30pm Stretching 11:30pm	1:30pm - 3:00pm Stretching 1:00pm	3:00pm - 4:30pm Stretching 2:30pm	4:30pm - 6:00pm Stretching 3:30pm
3TI	Airbenders	Champions Westlake	NVG	Air Extreme	
All American	Airborne Academy	Coach Pattys	OXT	Airbenders	All Levels
Aspire Gymnastics	Cavu	Dulles Gymnastics	Pierce	Aspire Gymnastics	
Aspire Kids Sports	Culprit Athletics	Dynamite Gymnastics	Powerhouse	Aspire Kids Sports	
CIGA	Eagles Wings	Flipside	Premier Athletics	Carolina Elite	
Desert Gymcats	EAQC	High Altitude	Premier Gymnastics	Cavu	
Dynamic Gymnastics	Elevated	High Energy	Silver Stars	CIGA	
Eagle	ETA	Kris Power Tumbling	Skywalkers	Champions Westlake	
Elite World	Flip Factory	Legacy T&T	So Cal TTC	Coach Pattys	
Elmwood	FOND	Midwest Training	Sonshine Gymnastics	Culprit Athletics	
ESCX	Garden State	NVG	Spark Athletics	Desert Gymcats	
Fairland	Legacy Elite	OXT	TAG USA	Dulles Gymnastics	
FlipCity South	MTGA	Silver Stars	Tennessee Elite	DuPage	
Full Force	Panhandle Perfection	So Cal TTC	The Palaestra	Dynamic Gymnastics	
Gymagic	Showcase Gymnastics	Sonshine Gymnastics	Tornado	Dynamite Gymnastics	
Gymnast Factory	Tornado	Southlake Gymnastics	T&T Express	Eagle	
Integrity Athletics	Tumble Tech	Stingray TNT	Vargas	Elevated	
K and L		Top Star	Trevino's	ESCX	
Let It Shine		TwistStars	Tumble Tech	Elite World	
NSB		Vargas	TCT	Elmwood	
Premier Athletics		Wasatch	TwistStars	ETA	
Premier Gymnastics		World Elite	Ultimate Kids	Fairland	
Skywalkers			World Elite	Flipside	
Stars Gymnastics			Wasatch	FOND	
The Palaestra			WCC	Full Force	
USA Dynamites			FlipCity South	Gymnastics Central	
			Gymagic	Hangtime TNT	
				High Altitude	
				Integrity Athletics	
				J and J	
				Let It Shine	
				MTGA	