



## Assigned Training Thursday, March 3, 2022

### Ocean Center

101 N. Atlantic Avenue  
Daytona Beach, FL 32118

<i>Sessions 1 - 5 is training for Level 8, 9, 10, Open, YE, JR (No Intermediate or Senior training during this time)</i>					<b>IE &amp; SR Training</b>
<b>9:00am - 10:30am</b>	<b>10:30am - 12:00pm</b>	<b>12:00pm - 1:30pm</b>	<b>1:30pm - 3:00pm</b>	<b>3:00pm - 4:30pm</b>	<b>4:30pm - 7:30 pm</b>
<b>Stretch 8:30am</b>	<b>Stretch 10:00am</b>	<b>Stretch 11:30am</b>	<b>Stretch 1:00 pm</b>	<b>Stretch 2:30</b>	<b>Stretch 4:00 pm</b>
OXT	ETA	Air Extreme	Tataru's Gymnastics	High Altitude	All senior elite athletes who are in one or more events may train all disciplines during this time.
Panhandle Perfection	Elite Word	Airbenders	TEG	High Energy	
PHOE	Elmwood	Aspire	TG Sports	Horizon	
Powerhouse	eNeRGy	Capital Gymnastics	The Palaestra	Integrity	
Premier Athletics	Fairland Gymnastics	Carolina Elite	Top Star	FOND	
Premier Gymnastics	Flip Factory	CAVU	T&T Express	K and L Tumbletown	
Silver Stars	FlipCity South	CIGA	Tumble Tech	Kris Power Tumbling	
Skywalkers	Flipside	Champions Westlake	TCT	Legacy T&T	
So Cal TTC	Full Force	Team Legacy	TwistStars	Let It Shine	
Sonshine Gymnastics	GSTA	Culprit Athletics	Ultimate Air	M and M Gymnastics	
Southlake Gymnastics	Gleasons	Desert Gymcats	USA Dynamites	MTGA	7:30pm - 8:30pm
Spark Athletics	Gymnast Factory	Dulles Gymnastics	Vargas Academy	Midwest Training	Stretch 6:00 pm
StarMakers	Gymnastic Acad Rockford	Dynamic Gymnastics	Victoria Gymagic	MJM Studios Inc.	
Stars Gymnastics	Gymnastics Central	Dynamite Gymnastics			
Studio L	Hangtime TNT	Eagle Gymnastics TX	Wasatch	Naples Progressive	
Suncoast T&T		EWA Prosper	WCC	NVG	
TAG USA		Elevated	World Elite	NSB	
		EAQC			
		ESCX			