

# CAPITAL GYMNASTICS TEAM TENTATIVE SCHEDULE **AUGUST** 2020

LEVEL	HRS.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	Monthly
<b>BOYS</b>		<b>ZOOM / GYM</b>	<b>ZOOM / GYM</b>	<b>ZOOM / GYM</b>	<b>ZOOM / GYM</b>	<b>ZOOM / GYM</b>	<b>ZOOM / GYM</b>	<b>ZOOM / GYM</b>	
BOYS GROUP 1	24	4:00-6:00/11:15-2:15	11:15-2:15	4:00-6:00/11:15-2:15	11:15-2:15	4:00-6:00/11:15-2:15	11:15-2:15		
BOYS GROUP 2	24	4:00-6:00/11:15-2:15	11:15-2:15	4:00-6:00/11:15-2:15	11:15-2:15	4:00-6:00/11:15-2:15	11:15-2:15		
BOYS GROUP 3	19	8:00-11:00	4:00-6:00	8:00-11:00	4:00-6:00/8:00-11:00	8:00-11:00	8:00-11:00		
BOYS GROUP 4	19	8:00-11:00	4:00-6:00	8:00-11:00	4:00-6:00/8:00-11:00	8:00-11:00	8:00-11:00		
BOYS GROUP 5	16	2:30-5:30	3:30-5:30	2:30-5:30	2:30-5:30	3:30-5:30	2:30-5:30		
<b>GIRLS</b>									
GIRLS GROUP 1	26.75	5:30-7:15/11:15-2:15	5:30-7:15/11:15-2:15	2:30-5:30	5:30-7:15/11:15-2:15	5:30-7:15/11:15-2:15	8:30-10:15/2:30-5:30		
GIRLS GROUP 2	22	2:30-5:30	5:30-7:15/11:15-2:15	5:30-7:15	5:30-7:15/11:15-2:15	2:30-5:30	9:30-11:15/5:45-8:45		
GIRLS GROUP 3	22	2:30-5:30	2:30-5:30	5:30-7:15/11:15-2:15	11:15-1:00	5:30-7:15 /11:15-2:15	9:30-11:15/5:45-8:45		
GIRLS GROUP 4	22	5:30-7:15/11:15-2:15	2:30-5:30	5:30-7:15/11:15-2:15	11:15-1:00	2:30-5:30	8:30-10:15/2:30-5:30		
GIRLS GROUP 5	20.25	5:30-7:15	4:45-6:30/8:00-11:00	2:30-5:30	2:30-5:30	4:45-6:30/8:00-11:00	11:15-2:15		
GIRLS GROUP 6	19	5:30-7:15	4:45-6:30/8:00-11:00	5:30-7:15	2:30-5:30	4:45-6:30/8:00-11:00	11:15-2:15		
GIRLS GROUP 7	17.25	3:45-5:30	5:45-8:45	3:45-5:30	9:15-11:00/5:45-8:45	5:45-8:45	8:00-11:00		
GIRLS GROUP 8	14.25	3:45-5:30	5:45-8:45	3:45-5:30	5:45-8:45	5:45-8:45	11:15-1:00		
GIRLS GROUP 9	14.25	8:00-11:00	3:00-4:45	8:00-11:00	8:00-11:00	3:00-4:45	11:15-1:00		
GIRLS GROUP 10	12.5	8:00-11:00	3:00-4:45	8:00-11:00	8:00-11:00	3:00-4:45			
GIRLS GROUP 11	7.5	5:45-7:45		2:00-3:30	5:30-7:30		10:15-12:15		
GIRLS GROUP 12	6			5:45-7:45	5:30-7:30		12:30-2:30		
GIRLS GROUP 13	5	5:45-7:15		5:45-7:15			9:00-11:00		
<b>TNT</b>									
TNT GROUP 1	10	7:00-9:00	2:00-4:00	7:00-9:00	2:00-4:00	7:00-9:00			
TNT GROUP 2	8	2:00-4:00	6:00-8:00	2:00-4:00	6:00-8:00				
<b>XCEL</b>									
XCEL GROUP 1	10		5:45-8:45		1:00-3:00	1:00-3:00		11:15-2:15	
XCEL GROUP 2	10		1:00-3:00		5:45-8:45	11:00-1:00		2:30-5:30	
XCEL GROUP 3	10	5:45-8:45		5:45-8:45	1:00-3:00	1:00-3:00			
XCEL GROUP 4	6	3:30-5:30	1:00-3:00	3:30-5:30					
XCEL GROUP 5	6		3:30-5:30		3:30-5:30	11:00-1:00			
XCEL GROUP 6	6		1:00-3:00		1:00-3:00	1:00-3:00			
<b>CHEER</b>									
Cheer Group 1	4	4:45-6:45		9:00-11:00 am					
Cheer Group 2	6		9:00-11:00 am	4:45-6:45		4:45-6:45			
Cheer Group 3	6	9:00-11:00 am	4:45-6:45		4:45-6:45				
Cheer Group 4	6	9:00-11:00 am	8:00-10:00am		8:00-10:00am				
Cheer Group 5	8	10:15-12:15		10:15-12:15	4:00-6:00	10:15-12:15			
Cheer Group 6	8	12:30-2:30		12:30-2:30	4:00-6:00	12:30-2:30			
Cheer Group 7	8	4:00-6:00	2:30-4:30		2:30-4:30			1:15-3:15	
Cheer Group 8	8	4:00-6:00	7:00-9:00		7:00-9:00			3:30-5:30	
Cheer Group 9	8	8:00-10:00 am	4:00-6:00	8:00-10:00 am		8:00-10:00 am			
Cheer Group 10	8		10:15-12:15	4:00-6:00	10:15-12:15		10:15-12:15		
Cheer Group 11	8	7:00-9:00	4:00-6:00	7:00-9:00		7:00-9:00			
Cheer Group 12	8		12:30-2:30	4:00-6:00	12:30-2:30			11:15-1:15	
Cheer Group 13	8	2:30-4:30		2:30-4:30	9:00-11:00 am	2:30-4:30			

